91-06195/

Active Aging

Planning, Promoting and Presenting Public Library Programs of Interest to Older Adults.

Published by the Ministry of Culture and Communications.
Printed by the Queen's Printer for Ontario.
Province of Ontario, Toronto, Canada.

© 1990, Queen's Printer for Ontario.

ISBN 0-7729-7315-6
D2037 07/90 2M

Additional copies of this and other Ontario government publications are available from: Publications Ontario, 880 Bay St., Toronto for personal shopping. Out-of-town customers write to Publications Ontario, 5th Floor, 880 Bay St., Toronto, M7A 1N8. Telephone (416) 326-5300, or toll free in Ontario 1-800-668-9938. Hearing impaired call: (416) 965-5130 or toll-free in Ontario 1-800-268-7095. Mastercard and Visa accepted. Cheques and money orders payable to the Treasurer of Ontario. Prepayment required.

Cette publication également offerte en français auprès de la:
Direction des bibliothèques
et de l'information communautaire
Ministère de la Culture et des Communications
77, rue Bloor Ouest,
3è étage
Toronto (Ontario)
M7A 2R9

Minister's Message

Public programming is an important component of the service Ontario's public libraries offer their communities. Programs provide opportunities for people to share interests in a social setting, to participate in discussion and debate, and to acquire information on a broad range of subjects from a variety of experts.

Traditionally, public library programming for adults has been directed to a younger audience. However, given our rapidly aging society, the interests of seniors also need to be addressed.

Active Aging: planning, promoting and presenting public library programs of interest to older adults has been developed in response to the expressed need of Ontario's public library community for a practical resource on programming for older audiences. Its emphasis on aging actively – intellectually, emotionally and physically – is extremely important.

For the first time in their adult lives, many are discovering that they have the time to pursue interests and activities beyond those related to family and employment. Public libraries are natural outlets for people with this newfound freedom and enthusiasm.

I have been impressed with the interest that public libraries have shown in ensuring the provision of relevant services to an aging population. I am pleased to be able to support that interest with the publication of *Active Aging*.

Hugh P. O'Neil
Minister

Contents

Acknowledgments vii

Preface ix

Hints for Programming Successfully With Older Adults 1

Checklists 7

Program Outlines 11

Health

1. Doctor-Patient Partnerships: A Healthy Approach to Modern Medical Care 15
2. Medication and You: Are the Chemicals You Take Cures or Crutches? 19
3. Folk Medicine: Old Time Cures for Plain and Fancy Ailments 23
4. Tai Chi: Exercise for Healthy and Harmonious Living 27
5. People and Pets: Constant and Affectionate Companionship 31
6. Green Thumb Therapy: Gardening for the Health of It 35
7. Living Wills: Where There's a Will, Is There a Way? 39

Lifestyle

8. Intimacy and Aging: Keeping the Home Fires Burning 45
9. Housing Options For Senior Living: Making the Right Moves 49
10. Crime Proofing: A Common Sense Approach to Personal Safety 55
11. Consumer Alert!: Taking Charge in a Manipulative Marketplace 59
12. Travel-wise: Tips for Stress-Free Travel 63
13. The Elder Care Crunch: Parents and Children Growing Old Together 67
14. The Grandparent's Role: What to Make of It 71

Leisure

15. Author! Author!: A "Who's Who" Introduction to Canadian Literature 77
16. Adventure Holidays: Travel Opportunities of a Lifetime 81
17. Castles of Great Britain and Ireland: Bastions of Mystery, Romance, and Intrigue 85
18. Wildlife Gardening: Nature in Your Own Backyard 89
19. Star Gazing: A Science and Story Approach 93
20. Just Folks: Folk Artists and Their Craft 97
21. Family Chronicles: Preserving Your Personal and Family History 101

Appendices

Appendix A: Topic Related Periodicals 107

Appendix B: Periodicals for Seniors 111

Appendix C: Annotated List of Recommended Films 113

Appendix D: Canadian Film Distributors for Recommended Films 121

Appendix E: Speaker and Print Material Contacts 123

Acknowledgments

- Project Consultants

  Deborah A. Haswell

  Freelance Consultant

  and

  Patty Lawlor

  Public Library Services Consultant
  Libraries and Community Information Branch
  Ontario Ministry of Culture and Communications

- Appreciation is expressed to the following persons for their advice on the content and format of *Active Aging:*

  Ivy St. Lawrence

  Chairman (April 1984 - March 1989)
  Ontario Advisory Council on Senior Citizens

  Leon Bell

  Branch Head (Retired), Locke Street Branch
  Hamilton Public Library

  Arlene Chan

  Branch Head, Travelling Branch
  Toronto Public Library

  Melanie Milanich

  Senior Reference Librarian
  Business and Social Sciences Department
  Metro Toronto Reference Library

  Marilyn Kirkpatrick

  Library Services Co-ordinator
  Southern Ontario Library Service - Hamilton Office

- Special thanks also to:

  Marilyn Kirkpatrick

  Southern Ontario Library Service - Hamilton Office
  for identifying and recommending audio-visual material

  Hamilton Public Library

  for access to its on-line catalogue, and professional resource support

Preface

Adults are living longer than ever before and, thanks to modern medicine, advanced technology, and improved health and safety standards, they are also living better than ever before. In addition to living longer active lives in their communities, seniors today are better educated, more outspoken, and have more time and more disposable income to invest in interests and activities that appeal to them.

Many of our so-called traditional attitudes towards older people are in fact a product of the last few decades and have little in common with the attitudes of an earlier era when the elderly had a more integral and respected place in the family and society. Today, however, we are returning to more enlightened practices and the regrettable stereotypes of infirmity and incapability are being replaced by images of vitality and competence.

On the advice of Ivy St. Lawrence, Chairman of the Ontario Advisory Council on Senior Citizens (April 1984 - March 1989), *Active Aging* approaches programming for older audiences with the realization that older adults tend to have the same range of interests they had when they were young or middle-aged. Although all the program topics in *Active Aging* have been carefully researched to ensure that they will appeal to seniors, few of them, in fact, are exclusively of interest to older people. What often makes a program a seniors ' program is not so much the topic but the time of day, time of year, or place where the program is offered.

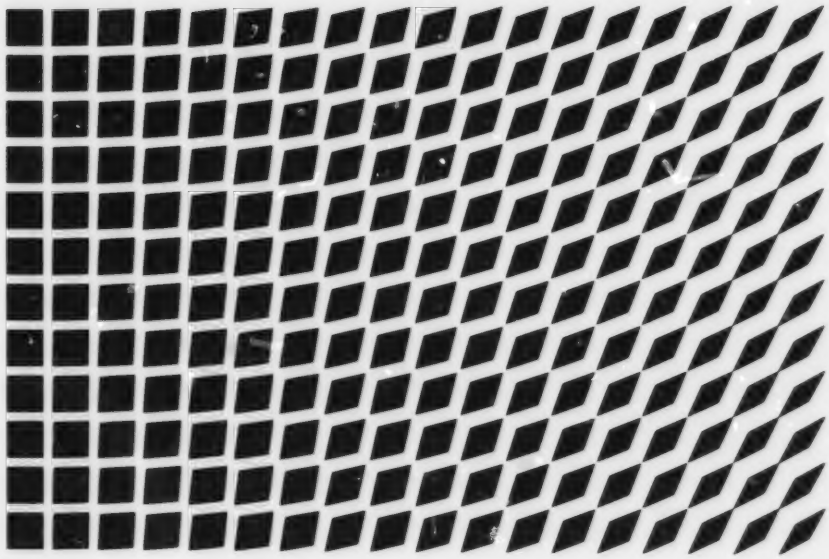
To make the most effective use of this manual, the authors suggest that it be read carefully in its entirety. It should be noted that:

- the information presented in the "Hints for Programming Successfully" section applies generally to all the program topics and is not repeated in the individual topic outlines;
- the "Program Outlines" section groups topics loosely under the broad headings of Health, Lifestyle, and Leisure. Although the topics and outlines may be followed literally, programmers are encouraged to adapt the topics to their own communities and circumstances;
- the appendices contain:
  - lists of periodicals
  - an annotated list of films
  - contact information for film distributors, speakers, and sources of print material.

To age is to live; to encourage active aging is to encourage active and rewarding lives. What better service can a public library offer the older adults in its community?

Brian Beattie, Acting Director
Libraries and Community Information Branch

Hints for Programming Successfully with Older Adults.



Like any audience, older adults appreciate public library programs that are topical, timely, well organized, and ably presented. Perhaps more than any other audience, however, older adults appreciate the special consideration and courtesy that enable them to enjoy programs as fully as possible. The following ideas are examples of such courtesies and considerations.

Planning the Program

1. Consult with seniors and seniors' organizations for ideas for programs, speakers, volunteers, and audiences.
2. Find topics of likely interest by consulting the articles in seniors' magazines.
3. Consider any suggestions or recommendations made at previous programs for older adults.
4. When possible, share costs by arranging multiple bookings (elsewhere in the community or surrounding area) for speakers travelling from a distance.
5. Ensure that library programs do not conflict with other community programs for older adults.
6. Consider the extent to which your audience relies on public transit or accessible parking. Programs for older adults tend to be attended best at locations with easy access.
7. Consider whether some seasons are more suitable than others for programs. Many older adults vacation during the winter and summer months and non-vacationers tend to stay home in snowy, slippery weather.
8. If programs in the library have previously been poorly attended by older adults during inclement weather and seasons, consider outreach locations as viable alternatives.
9. Schedule programs at times convenient for older adults to attend. Many seniors have poor night vision and are more comfortable travelling during the day.
10. Celebrate Ontario Senior Citizens' Month (June) by planning special programs and displays.
11. Include at least one program planned specifically for older adults in your Ontario Public Library Week (third week of October) activities.
12. Repeat programs that have been popular with older adults at reasonable intervals.
13. Consult regularly with audio-visual services staff for new films appropriate for your program topics.

Promoting the Program

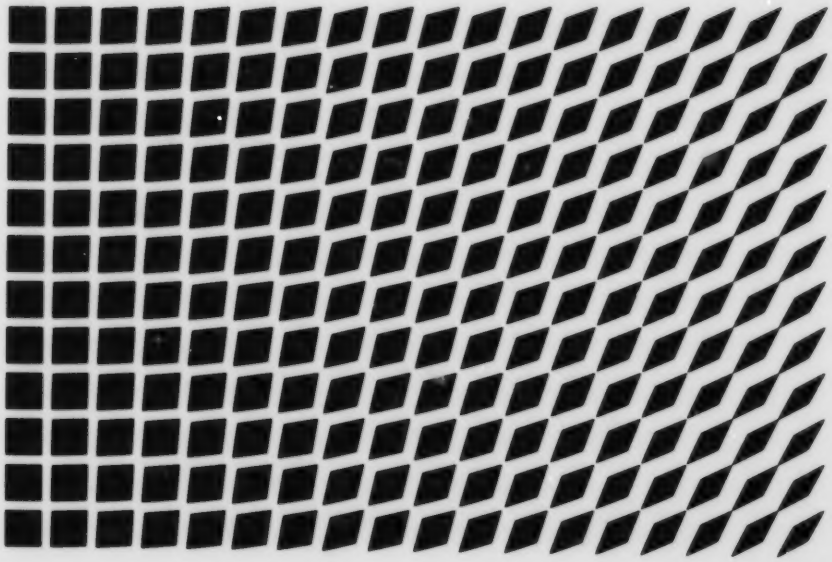
1. Introduce seniors' clubs and groups in your area to the library by making a presentation to them on the library's services and programs.
2. Advertise library programs in community newspapers, on cable television, and on local radio stations. Older adults tend to be a major audience for community media.
3. Use generously spaced, large (at least 14 point), black print on yellow or white backgrounds for promotional materials intended to attract older adults. Avoid yellow print and blue and green backgrounds. These considerations help to offset the visual difficulties frequently experienced by older adults.
4. Make personal telephone calls or mail personal invitations to programs for older adults to all seniors' clubs and groups in your area.
5. Mail promotional material to people who have attended previous programs for older adults.
6. Preview upcoming programs by placing a materials display on the topic strategically in the library or at any other appropriate site well before the program.

Presenting the Program

1. Provide appropriately designed signs at the entrance of the library (or hosting facility) indicating the location of the meeting room or area. Be sure that the program title is also clearly identified.
2. Consider access to the meeting room or area for people with canes, walkers, and wheelchairs. Access with few or no stairs is preferable. When there are stairs, arrange for a staff member to be on hand to provide assistance to those who need it.
3. Ensure that the meeting room or area is well lit to help compensate for the visual difficulties frequently experienced by older adults.
4. Arrange seating to allow for extra wide aisles, and allow two feet between each row of chairs. Older adults with reduced agility will appreciate the easier access to seating.
5. Secure electrical extension cords to the floor with brightly coloured tape. Older adults experiencing reduced agility will appreciate the safety precaution.
6. Choose film rather than video for group screenings. The larger screen helps to compensate for the visual difficulties frequently experienced by older adults.
7. Ensure that exits are still visible when the meeting room or area is darkened, and keep a flashlight on hand to assist older adults who may need light to negotiate their way through a darkened area.

8. Eliminate as many sources of noise as possible. Many older adults with a hearing loss find that background noise can interfere seriously with their enjoyment of a speaker or film. Background noise is also a source of frustration for people who wear hearing aids.
9. Have speakers use a microphone when they are addressing a large group or speaking in a large room. The amplification helps to compensate for the hearing loss experienced by many older adults.
10. Begin each program with a welcome to the library and an invitation to non-library members to register after the program. Briefly outline the library's services and its membership registration procedure. Emphasize that assistance is always available.
11. Make any other pertinent library announcement (such as promoting upcoming programs, asking for volunteers, and offering the opportunity to be added to the library's mailing list) before introducing your topic or speaker.
12. Always provide a display of library materials related to the program topic. Consider including regular and large print fiction and non-fiction, magazines, government documents, films, videos, pictures, records, cassettes, talking books, reference material, juvenile material, and material in languages other than English. Many older adults are unaware of the range of materials and formats now available at the public library.
13. Provide handouts related to the program. Older adults appreciate the opportunity to follow up on programs at their leisure. Library produced handouts should be generously spaced with large black print on yellow or white stock whenever possible.
14. Include information about the availability in alternative formats (e.g., large print, audio cassettes) of items cited in library produced lists.
15. Always serve simple refreshments at programs for older adults. Hot water in an urn assists the serving of coffee and tea. Artificial sweeteners and diabetic sweets are appreciated by older adults with dietary restrictions.
16. Serve the refreshments near the display of materials. The opportunity to browse and socialize at the program's conclusion is an important part of the program for many older adults.
17. Be flexible. If the turnout for a program is small, consider using the refreshment and book display area for a more informal presentation and discussion.
18. After every program, request written and oral evaluations and suggestions for future programs. Older adults are an invaluable source of experience and ideas and many of them will enjoy contributing to the program planning process.

Checklists



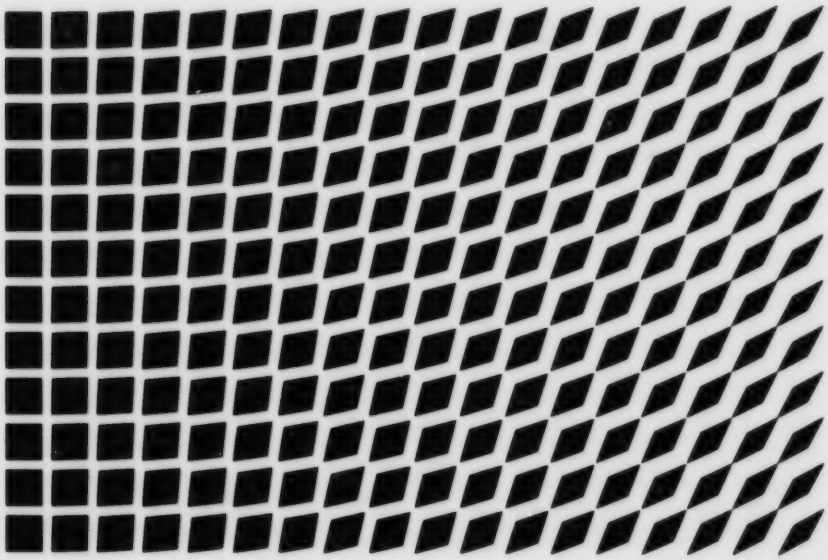
Checklist: Planning, Promoting and Presenting Library Programs

- ☐ Contact the sources listed in the speaker contacts segment of the program outline's "Program Support" section. Arrange for a guest speaker, panelists, MC, instructor or library staff (as required) to conduct the program.
- ☐ Consult with the presenter (or presenters) to determine a presentation strategy. Decide together whether any special demonstrations, exhibits or displays are required. Make it clear that time must be allowed for questions and comments from the audience.
- ☐ Check whether the presenter (or presenters) needs any special material or equipment.
- ☐ Advise the presenter (or presenters) of the films listed in the film segment of the program outline's "Program Support" section and of any other films that have come to your attention. Decide together whether to show a film. If a decision is made to include a film, establish a time in the program to show it.
- ☐ Offer to arrange a preview of any film that your presenter (or presenters) has not seen.
- ☐ Make film and equipment bookings for preview and program dates at the earliest possible opportunity.
- ☐ Make arrangements for any special exhibits or displays.
- ☐ State on all promotional materials that the program will be of interest to the general public as well as to older adults.
- ☐ Acknowledge (in printed material and orally at the presentation) any institution, business, agency or individual that has made a contribution to the program.
- ☐ Distribute promotional materials widely throughout the seniors' and general communities, as well as to any institutions, organizations, businesses, offices, agencies, groups, or individuals with a special interest in the program topic.
- ☐ Contact the sources listed in the print material contacts segment of the program outline's "Program Support" section for a supply of any material available for handout at the program.
- ☐ Consult the "Ideas for Handouts" section of the program outline and prepare material (as desired) for distribution.
- ☐ Assemble appropriate materials from the library's circulating collection for display. If the presenter (or presenters) has any favourite books to recommend, arrange to have copies on hand.
- ☐ Set up the program area carefully. Locate the presenter (or presenters) and the film screen (if required) so that they can be seen easily by everyone in the room. Position the display of library materials in or near the program area.

Checklist: Program Resources

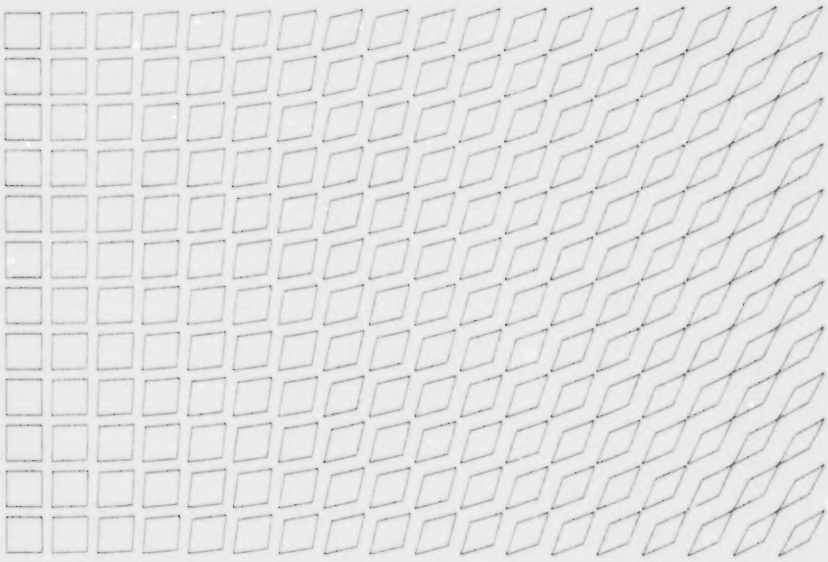
- ☐ Guest speaker, panelists, MC, instructor, staff and any other participants (as required)
- ☐ Podium or panel arrangement at front of room
- ☐ Water for the presenter (or presenters)
- ☐ Any special material or equipment requested
- ☐ Film and audio-visual equipment (as required)
- ☐ Seats for audience
- ☐ Activity area for audience (as required)
- ☐ Tables for display of library materials, refreshments and any other displays or exhibits
- ☐ Library materials for display
- ☐ Refreshments
- ☐ Reference materials, special displays or exhibits (as required)
- ☐ Signage acknowledging participation of local institutions, businesses, agencies (as required)
- ☐ Handouts (as available)
- ☐ Program support staff (as required)
- ☐ Program evaluation forms

Program Outlines



Program Outlines

Health



1. Doctor-Patient Partnerships: A Healthy Approach to Modern Medical Care

When partners can't agree
Their business fares disasterously.

(Ivan Krylov, 1769-1844)

Program Outline

A panel presentation followed by a discussion will emphasize the importance of upgrading the traditional paternalistic doctor-patient relationship to a true *partnership*. The program will encourage older adults to take an active part in medical relationships. Effective medical consumer and partnering strategies will be described.

This program will be best presented by a doctor and a psychologist or social worker. Although much of the program content will be determined by your panelists, you will want to be sure that the following aspects of the topic are discussed:

- differences between the paternalistic and partnership approaches to medicine
- typical behaviour of older adults with doctors
- examples of active patient behaviour
- doctors' responsibilities and obligations
- patients' rights and privileges
- what to look for in a family doctor
- what to look for in a specialist
- how to shop for a doctor
- how to interview a doctor
- how to question a doctor
- importance of evaluating the doctor-patient partnership regularly
- what to do if medical care is unsatisfactory

Time Needed

1-1/2 hours for total presentation

Program Support

Books:

The following are examples of books on the topic:

Carver, Cynthia
Patient Beware: dealing with doctors and other medical dilemmas.
Scarborough, Ont.: Prentice-Hall; ©1984
ISBN: 0-13653-700-6 (paperback)

Horowitz, Lawrence C.
Taking Charge of Your Medical Fate.
New York: Random House; 1988
ISBN: 0-39456-336-0

LeMaitre, George D.
How to Choose a Good Doctor.
Andover, Mass.: Andover Publishing Group; ©1979
ISBN: 0-93312-200-4

Maurer, Janet R.
How to Talk to Your Doctor: the questions to ask.
New York: Simon and Schuster; ©1986
ISBN: 0-67160-390-6

Rosenbaum, Edward E., M.D.
A Taste of My Own Medicine.
New York: Random House; ©1988
ISBN: 0-39456-282-8

Siegler, Miriam
Patienthood: the art of being a responsible patient.
New York: Macmillan; ©1979
ISBN: 0-02610-670-1

Periodicals:

Consult seniors' magazines (see App. B) and popular consumer magazines for articles on the topic. A good example is the regular feature, "The Doctor is In", in *New Choices for the Best Years.*

Films:

The following are examples of films (see App. C) related to the topic:

Doctors and Patients
(30 minutes, sound, colour)

Contacts:

The following are possible sources of speakers (see App. E) on the topic:

The Ontario Medical Association

The Ontario Psychological Association

The Ontario Association of Professional Social Workers

Preparation Checklists

See pages 9-10.

Program-specific Hints

1. Base your display of library materials on books dealing with doctor-patient partnerships from the 610.69 section of your collection.
2. Supplement your display with books on aging and retirement from the 305.26, 362, and 646.79 sections of your collection. Many such books include chapters on health care.
3. Accompany the display with a sign reading "Be an Informed Partner. Read!"
4. Search appropriate subject headings in catalogues, indexes, and bibliographies for additional material. The following are some possible headings:

   - Physician and Patient
   - Patient Education
   - Consumer Education

Questions for Discussion

1. Should patients see their doctors only when they're sick?
2. Can patients say no to their doctors?
3. When, if ever, should the doctor make decisions on the patient's behalf?
4. What should patients do when their doctors suggest that their aches and pains are "all in the head"?
5. Is a doctor offended when a patient requests a second opinion?
6. What are the dangers of "doctor hopping"?
7. What should patients do if they think their doctors are altering treatment just to humour them?

Ideas for Activities

1. Ask members of the audience to help you summarize the program by listing ways in which doctors and patients can become more effective partners. Use a flip chart to record the suggestions.

Ideas for Handouts

1. A list of your library's books and other materials on doctor-patient partnerships.

2. A "Good partner checklist" to review before doctor visits (e.g., Have I made a complete list of my symptoms? Have I made a list of questions I want to ask? Am I prepared to answer my doctor's questions honestly?)
3. A list of questions all patients should ask when first consulting a doctor. (e.g., What can I do to establish a good doctor-patient partnership? Will I receive your undivided attention when I have an appointment with you? Do you have medical privileges at _____ Hospital where I want to be admitted if I have to be hospitalized?)

Ideas for Follow-up Programs

1. Medication and You: Are the Chemicals You Take Cures or Crutches?
   (See Program Outline #2)
2. Living Wills: Where There's a Will, Is There a Way?
   (See Program Outline #7)
3. Putting a Health Care Package Together: Choosing a Hospital, Pharmacist, Drugstore, Health Insurance Plan...
4. Mapping Your Medical History for the Family Archives
5. Medical Tests: What, When, Where, Why, and How?

2. Medication and You: Are the Chemicals You Take Cures or Crutches?

The desire to take medicine is perhaps the greatest feature which distinguishes man from animals.

(Sir William Osler, 1849-1919)

Program Outline

A panel presentation followed by a discussion will emphasize the responsibility older adults must take for the medications they consume. The program will encourage patients to make informed decisions regarding the role of medication in their lives. Effective consumer and partnering strategies will be identified. Brief "brown bag" consultations will be available.

This program will be best presented by a doctor, a pharmacist, and a member of the library's staff. Also consider including a holistic health expert to provide an alternative perspective. Although much of the program content will be determined by your panelists, you will want to be sure that the following aspects of the topic are addressed:

- importance of medication for older adults
- how the aging process affects the ways medications work
- review of drugs commonly taken by older adults
- medication abuse by older adults
- importance of following instructions which accompany prescribed medications
- dangers of obtaining prescriptions from a number of doctors
- dangers of borrowing or taking unprescribed medications
- differences between prescription and over-the-counter medications
- importance of informing doctors and pharmacists of all medication being taken, including over-the-counter products
- importance of being entirely accurate and honest with doctors and pharmacists
- the names of drugs (e.g., how to remember them, how to pronounce them, what they mean...)
- side effects (e.g., what to expect, what to report)
- importance of keeping a record and informing your family of the medications you take
- alternatives to chemical treatment
- sources of information available at the library about medication and drugs

Indicate that time must also be allowed for "brown bag" consultations with the audience.

Time Needed

1-1/2 to 2 hours for total presentation

Program Support

Books:

The following are examples of books on the topic:

50+: the Graedons' peoples' pharmacy for older adults.
Toronto: Bantam Books; ©1988
ISBN: 0-55305-245-4; 0-55334-485-4 (paperback)

Burger, Alfred
Drugs and People: medications, their history and origin, and the way they act.
Charlottesville, Va.: University Press of Virginia; 1986
ISBN: 0-81391-085-4; 0-81391-X (paperback)

Hausman, Patricia
The Right Dose: how to take vitamins and minerals safely.
Emmaus, Pa.: Rodale Press; ©1987
ISBN: 0-87857-678-9

Katcher, Brian S.
Prescription Drugs: an indispensable guide for people over fifty.
New York: Atheneum; 1988
ISBN: 0-68911-915-1

Long, James W.
The Essential Guide to Drugs: what you need to know for safe drug use (revised edition).
Markham, Ont.: Fitzhenry; 1985
ISBN: 0-88961-108-4

Stern, Edward L.
Prescription Drugs and Their Side Effects.
New York: Perigee Books; ©1987
ISBN: 0-39951-357-4

Periodicals:

Consult seniors' magazines (see App. B), and popular consumer magazines for articles on the topic.

Films:

The following are examples of films (see App. C) related to the topic:

An Easy Pill to Swallow
(29 minutes, sound, colour)

Health in the Later Years
(24 minutes, sound, colour)

The Medicine Show
(31 minutes, sound, colour)

Over the Counter Drugs: smooth talk and small print
(22 minutes, sound, colour)

Contacts:

The following are possible sources of speakers (see App. E) on the topic:

The Ontario Medical Association

The Ontario Pharmacists' Association

Library Staff

The following are possible sources of print material (see App. E) on the topic:

Health Information Centre
Communications Branch
Ontario Ministry of Health

Local Pharmacies

Preparation Checklists

See pages 9-10.

Program-specific Hints

1. Arrange for a staff member to present the library's best and most often consulted reference materials on prescription drugs.
2. Agree with your panelists on a procedure for handling the "brown bag" consultations.
3. Explain the "brown bag" concept—bring your own medications and your questions about them—clearly in all promotional materials.
4. Make it clear to your audience, as the program is introduced, that the "brown bag" segment will not allow for intensive personal consultation with the panelists. Such consultation is best left to individuals' own doctors and pharmacists.
5. Base your display of library materials on books dealing with a consumer approach to medication from the 615 section of your collection.
6. Supplement your display with books on aging and retirement from the 305.26 and 646.79 sections of your collection. Many such books include consumer-related medication information.
7. Accompany the display with a sign reading "Prescribed Reading."
8. Search appropriate subject headings in catalogues, indexes and bibliographies for additional material. The following are some possible headings:

- Drug Abuse
- Drugs
- Drugs-Physiological Effects
- Drugs-Popular Works
- Drugs-Side Effects
- Geriatric Pharmacology-Popular Works
- Medication Abuse
- Pharmacology-Popular Works
- Pharmacy
- Pharmacy-Popular Works

Questions for Discussion

1. Are aspirin, laxatives, antihistamines, cold remedies, vitamins, and minerals drugs?
2. Are there really any miracle drugs?
3. Is orthodox medicine always better than other kinds of medicine?

Ideas for Activities

1. Ask the members of the audience to take five minutes to make, for their own information, as complete a list as possible of the medications they are currently taking.
2. Invite members of the audience who have brought their medication to approach the panelists.

Ideas for Handouts

1. Material obtained from the print material contacts listed above in the "Program Support" section.
2. A list of your library's consumer-oriented, medication-related reference books.
3. A list of questions to be asked when a doctor prescribes medication.
4. A list of dos and don'ts for the safe care and handling of medication.

Ideas for Follow-up Programs

1. Doctor-Patient Partnerships: A Healthy Approach to Modern Medical Care
   (See Program Outline #1)
2. Folk Medicine: Old Time Cures for Plain and Fancy Ailments
   (See Program Outline #3)
3. Body Alert: The Effect of Medications on Diet and Nutrition

3. Folk Medicine: Old Time Cures for Plain and Fancy Ailments

There are some remedies worse than disease.

(Publilius Syrus, first century B.C.)

Program Outline

A brief informal panel presentation and active audience participation are the basis for this information-sharing program. The session will allow for the identification, description and, in some instances, the demonstration of tried and true home remedies and healthful hints.

This program will be best presented by a gregarious master of ceremonies assisted by a local medical professional and, if possible, a naturopath. Tell the panelists that you would like them to:

- comment briefly on their personal opinions of folk medicine and its status in contemporary society
- describe and, if possible, demonstrate a home remedy that has been handed down through their own families
- appeal to the audience to volunteer a folk cure for a specific common ailment

The MC should be aware that his or her primary role is to draw out the audience. The medical professional and the naturopath should be prepared to explain, if possible, home remedies that people insist are effective.

The potential field of ailments includes:

- arthritis
- back pain
- bad breath
- bruising
- burns
- cold sores
- colds
- constipation
- cuts
- earaches
- food cravings
- hangovers
- headaches

- heart disease
- hiccups
- insect bites
- insomnia
- laryngitis
- phlebitis
- psoriasis
- rashes
- shingles
- slivers
- sunburn
- swelling
- toothaches
- warts

and whatever else anyone volunteers.

Time Needed

1 to 1-1/4 hours for total presentation

Program Support

Books:

The following are examples of books on the topic:

Bricklin, Mark
Practical Encyclopedia of Natural Healing.
Emmaus, Pa.: Rodale Press; ©1983
ISBN: 0-87857-480-8

Bricklin, Mark
Rodale's Encyclopedia of Natural Home Remedies.
Emmaus, Pa.: Rodale Press; ©1982
ISBN: 0-87857-396-8

Flaxman, Ruth
Home Remedies.
New York: Perigee Books; ©1982
ISBN: 0-39950-685-3

Jarvis, D.C.
Folk Medicine.
New York: Fawcett; 1985
ISBN: 0-44920-880-X (paperback)

Schneider, L. L.
Old-fashioned Health Remedies that Work Best: low cost, natural, time-tested health boosters you can use at home for successful health care.

West Nyack, N.Y.: Parker Publishing Co.; 1977
ISBN: 0-13633-701-5

Thomson, Robert
The Grosset Encyclopedia of Natural Medicine.
New York: Grosset & Dunlop; 1980
ISBN: 0-44814-897-8 (paperback)

Periodicals:

The following are examples of periodicals (see App. A) that provide coverage on the topic:

Mother Earth News

Prevention

Contacts:

The following are possible sources of speakers on the topic:

Local seniors' clubs

Local toastmaster club

Local hospitals

Local medical centres

Preparation Checklists

See pages 9-10.

Program-specific Hints

1. Consider presenting this program during Ontario Senior Citizens' Month (June), Ontario Public Library Week (third week in October), Ontario Heritage Week (third week in February), or in conjunction with community heritage celebrations.
2. Include an intriguing home remedy or two and a short list of ailments in search of remedies in your promotional materials.
3. Tell the local media that the program has the potential for a good story.
4. Base your display of materials on books dealing with natural health and healing from the 613, 615, and 616 sections of your collection.
5. Accompany the display with a sign saying "Reading—Often a Great Remedy for What Ails You."
6. Search appropriate subject headings in catalogues, indexes and bibliographies for additional material. The following are some possible headings:

   – Drugs, Non-prescription

- Folk Medicine
- Medicine
- Naturopathy
- Self Medication

7. Assemble a display of such folk remedies as cloves of garlic, tea bags, honey, ginger, raisins, potatoes, lemon juice, vinegar, cabbage leaves, and parsley under a sign reading "What Do I Cure?" Use the display as an ice breaker.
8. Sustain program momentum by asking for variations on remedies already presented.

Ideas for Discussion

1. Invite members of the audience to describe some experiences with home remedies.

Ideas for Handouts.

1. A list of your library's books and other materials on folk medicine.

Ideas for Follow-up Programs

1. Holistic Medicine: A Whole New Approach to Medical Treatment?
   (Film and informal discussion program)

   A Whole New Medicine
   (51 minutes, sound, colour)
   (see App. C)
2. Garlic: The Universal Pick-me-up
   (Film and informal discussion program)

   Garlic is as Good as Ten Mothers
   (50 minutes, sound, colour)
   (see App. C)
3. Herbal Medicine: Beyond Camomile Tea
4. Massage Therapy: Ay, There's the Rub

4. Tai Chi: Exercise for Healthful and Harmonious Living

Whoever practises Tai Chi, correctly and regularly,...will gain the pliability of a child, the health of a lumberjack, and the peace of mind of a sage.

(Chinese proverb)

Program Outline

An informal lecture, film presentation and, if possible, a simple demonstration will introduce the gentle Chinese discipline of Tai Chi. The program will concentrate on the health and fitness aspects of Tai Chi as they relate to older adults. The session may provide an opportunity to work co-operatively with the local recreation department or boards of education if they offer Tai Chi courses.

This program must be presented by a qualified Tai Chi instructor. Although much of the lecture content will be determined by your instructor, you will want to be sure that the following aspects of the topic are addressed:

- origin of Tai Chi
- principles of Tai Chi
- legends associated with Tai Chi
- applications of Tai Chi (e.g., exercise, sport, self-defence)
- older adult interest in Tai Chi
- health benefits (psychological and physiological) of Tai Chi
- harmful effects (if any) of Tai Chi
- demonstration and explanation of Tai Chi movements
- brief presentations on Tai Chi courses available in your community

Decide whether audience participation will be included.

Time Needed

1 to 1-1/2 hours for total presentation

Program Support

Books:

The following are examples of books on the topic:

Chen, Yen-Lin
Tai-chi Chuan: its effects & practical applications.
San Bernardino, Ca.: Borgo Press; 1980
ISBN: 0-89370-634-0

Cheng, Man Ch"ing
T'ai-chi: the "supreme ultimate" exercise for health, sport and self defence.
Rutland, Vt.: Charles E. Tuttle; 1967
ISBN: 0-80480-560-1

Crompton, Paul
The T'ai Chi Workbook.
Boston: Shambhala; 1987
ISBN: 0-87773-424-0 (paperback)

Krauz, Herman
Tai Chi Handbook: exercise, meditation and self-defence.
New York: Doubleday; ©1974
ISBN: 0-38509-370-5 (paperback)

Reid, Howard
The Way of Harmony: a guide to the soft martial arts.
London: Unwin Hyman; ©1988
ISBN: 0-04440-268-6

Soo, Chee
The Chinese Art of T'ai Chi Chu'an.
New York: Sterling; 1984
ISBN: 0-85030-387-7 (paperback)

Periodicals:

The following magazine (see App. A) occasionally publishes articles on the topic:

Black Belt

Films:

The following are examples of films (see App. C) related to the topic:

Meditation: Yoga, t'ai chi and other spiritual trips
(24 minutes, sound, colour)

Meditation in Motion
(11 minutes, sound, colour)

T'ai Chi Ch'uan
(10 minutes, sound, black and white)

Contacts:

The following are possible sources of speakers (see App. E) on the topic:

Local Recreation Departments

Local Boards of Education (Adult Education Program)

The Taoist Tai Chi Society of Canada

The following are possible sources of print material (see App. E) on the topic:

The Taoist Tai Chi Society of Canada

Preparation Checklists

See pages 9-10.

Program-specific Hints

1. Invite appropriate organizations to make brief presentations on Tai Chi courses available in the community.
2. If audience participation is intended, all promotional material should recommend casual, loose fitting clothing and flat shoes.
3. Base your display of library materials on books on Tai Chi and the Martial Arts from the 796.815 section of your collection.
4. Accompany the display with a sign reading "Read up On It."
5. Search catalogues, indexes and bibliographies carefully for additional material. Variations in the spelling and punctuation of Tai Chi include:

   - T'ai Chi
   - Taichi
   - Tai chi chuan
   - T'ai Chi Ch'uan
   - Taichichuan
   - Tai Ji Quan

Ideas for Discussion

1. Invite comments from members of the audience who already do Tai Chi.

Ideas for Activities

1. Include a brief exercise segment led by the instructor.

Ideas for Handouts

1. Material obtained from the print material contacts listed above in the "Program Support" section.
2. A list of your library's books and other materials on Tai Chi.
3. Distribute any available information about Tai Chi courses offered in the community.

Ideas for Follow-up Programs

1. Fit as a Fiddle: Exercise and Older Adults
2. "Don't Worry, Be Happy": Relaxation Techniques for Reducing Stress
3. Think About It: Improving Concentration through Meditation

5. People and Pets: Constant and Affectionate Companionship

Happy is the house that shelters a friend.

(Ralph Waldo Emerson, 1803-1882)

Program Outline

A panel presentation and pet exhibit, followed by a discussion will introduce the idea of pet therapy for older adults. The program will discuss the emotional and physiological benefits of having a pet and will review pet care considerations from a senior adult's point of view.

This program will be best presented by a psychologist or doctor, and a pet expert such as a veterinarian or a representative of the Humane Society. Although much of the program content will be determined by your panelists, you will want to be sure that the following aspects of the topic are addressed:

- traditional pet ownership
- roles of pets (e.g., dependents, companions, protection, entertainment)
- current research on older adults and pet ownership
- relationship between pet ownership and mental and physical health
- sources of pets (e.g., pet stores, breeders, Humane Society)
- considerations when choosing pets for older adults (e.g., lifestyle, temperament, housing, cost, care required by the pet)
- pets best suited to specific environments (indoor, outdoor, combination)
- general principles of pet care
- introduction of pets in the exhibit

Allow time for the audience to visit the pet exhibit.

Time Needed

1 to 1-1/2 hours for total presentation

Program Support

Books:

The following are examples of books on the topic:

Beck, Alan M.
Between Pets and People: the importance of animal companionship.
New York: Putnam; ©1983
ISBN: 0-39912-775-5

Cusack, Odean
Pets and the Elderly: the therapeutic bond.
New York: Haworth Press; ©1984
ISBN: 0-86656-259-1

Quackenbush, Jamie
When Your Pet Dies: how to cope with your feelings.
New York: Simon and Schuster; 1985
ISBN: 0-67154-157-9

Ruckert, Janet
The Four-Footed Therapist: how your pet can help you solve your problems.
Berkeley, Ca.: Ten Speed Press; 1987
ISBN: 0-89815-185-6

Serpell, James
In the Company of Animals: a study of human-animal relationships.
New York: B. Blackwell; 1986
ISBN: 0-63114-536-2

White, Betty
Betty White's Pet-love: how pets take care of us.
New York: William Morrow; 1983
ISBN: 0-68802-207-3

Periodicals:

Consult seniors' magazines (see App. B) and popular consumer magazines for articles on the topic.

Contacts:

The following are possible sources of speakers (see App. E) on the topic:

The Ontario Psychological Association

The Ontario Medical Association

Local Veterinarians

Local Humane Society

Local Pet Shops

Preparation Checklists

See pages 9-10.

Program-specific Hints

1. Keep costs low by asking your pet expert to participate free of charge in exchange for acknowledgment in your promotional material and at the program.

2. Check whether the animals in the pet exhibit have any special needs. Ensure that the placement of the pet exhibit is both convenient for the expert and considerate of the animals.
3. Be aware that there can be strong philosophical disagreements between owners of pet stores and animal welfare advocates (such as Humane Societies).
4. State on all promotional materials that the program will also be of interest to the families and caregivers of older adults and to animal lovers of all ages.
5. Tell the local media that the program has the potential for a good human interest story.
6. Base your library materials display on books dealing with human-animal relationships from the 302, 615, 616, and 636 sections of your collection.
7. Supplement your display with books on pets and pet care from the 636 section of your collection and with periodicals such as *Animals*, *Bird Talk*, *Cat Fancy*, *Dog Fancy*, *Freshwater and Marine Aquarium*, and *Pets Magazine* (see App. A). Also include veterinarians' accounts (e.g., the James Herriott books) and classic animal fiction (e.g., *Lassie Come Home*, *The Yearling*, *Old Yeller*) which feature strong human-animal relationships.
8. Accompany the display with a sign reading "All Living Things Respond to Love."
9. Search appropriate subject headings in catalogues, indexes and bibliographies for additional material. The following are some possible headings:

   - Aged-Rehabilitation
   - Human-Animal Communications
   - Pets-Social Aspects
   - Pets-Therapeutic Use

Ideas for Discussion

1. Invite members of the audience to describe pet care aids which they have found particularly helpful for older adults.
2. Invite members of the audience to give hints or tricks for pet care.
3. Invite members of the audience to share stories about pets as companions.

Ideas for Activities

1. Encourage members of the audience to visit with each of the pets on hand.

Ideas for Handouts

1. A list of your library's books and other materials on human-animal relationships.

Ideas for Follow-up Programs

1. Senior Citizens' Month Pet Fair

   Take an inter-generational approach to Senior Citizen Month programming by arranging for eight to twelve senior pet owners to participate in an informal "show and tell" pet fair. The program would promote children's interest in pets and pet care by having senior pet exhibitors available to introduce their own pets, describe the pets' personalities, and discuss the responsibilities and rewards of pet ownership.

6. Green Thumb Therapy: Gardening for the Health of It.

A garden is a lovesome thing...

(Thomas Edward Brown, 1830-1897)

Program Outline

An informal lecture and a gardening demonstration and exhibit, followed by a discussion, will emphasize the therapeutic value gardening can have in the lives of older adults. The program will concentrate on small gardens and the types of plants most suitable for them. Recent innovative approaches to "elder" gardening will also be discussed.

This program will be best presented by a horticultural therapist. Consideration may also be given to including a representative from a local plant store, nursery or garden centre. Although much of the program content will be determined by your guest speaker, you will want to be sure that the following aspects of the topic are addressed:

- general physical and psychological benefits of gardening
- gardening as an ongoing activity for older adults
- possibilities for small-space gardening (e.g., pots, window boxes, tubs, containers, terrariums)
- plants suitable for small-space gardening
- examples of ways in which small-space gardening has been used successfully as therapy for older and disabled adults
- small-space gardening possibilities for infirm and disabled adults
- support services, agencies, and organizations related to garden therapy

Time Needed

1 to 1-1/2 hours for total presentation

Program Support

Books:

The following are examples of books on the topic:

Bauman, Robert P.
Plants as Pets.
New York: Dodd, Mead; 1982
ISBN: 0-39608-021-9

Hitchcock, Susan Tyler
Wildflowers on the Windowsill: a guide to growing wild plants indoors.
New York: Crown; ©1984
ISBN: 0-51755-190-X

MacDonald, Elvin
Plants as Therapy.
New York: Praeger; ©1976
ISBN: 0-27522-090-7

Miller, Michael
Gardening in Small Spaces.
New York: Putnam; 1984
ISBN: 0-39912-889-1

Olszowy, Damon R.
Horticulture for the Disabled and Disadvantaged.
Springfield, Il.: C. C. Thomas; 1978
ISBN: 0-39803-691-8

Skelsey, Alice
Cucumbers in a Flowerpot.
New York: Workman; 1984
ISBN: 0-89480-729-3

Periodicals:

Consult seniors' magazines (see App. B) for articles on this topic.

Films:

The following are examples of films (see App. C) related to the topic:

Roots of Happiness
(20 minutes, sound, colour)

Ruth Stout's Garden
(22 minutes, sound, colour)

The Vacant Lot
(17 minutes, sound, colour)

Windowsill Gardening
(12 minutes, sound, colour)

Contacts:

The following are possible sources of speakers and print material (see App. E) on the topic:

Mitchell Hewson
Horticultural Therapist

The Royal Botanical Gardens
Outreach Services

Floralight Gardens Canada Inc.

Preparation Checklists

See pages 9-10.

Program-specific Hints

1. Consider co-sponsoring this program with an interested group in the community (e.g., horticultural society, senior citizens' centre, nursing home).
2. State on all promotional materials that the program will also be of interest to the families and caregivers of older adults and to gardening enthusiasts of all ages.
3. Tell the local media that the program has the potential for a good human interest story.
4. Invite local plant stores, nurseries and garden centres to contribute plants, vouchers, or gift certificates for program door prizes.
5. Base your display of library materials on books dealing with small-space gardening and plant therapy from the 635 section of your collection.
6. Accompany the display with a sign reading "Gardening is a Growing Concern."
7. Search appropriate subject headings in catalogues, indexes and bibliographies for additional material. The following are some possible headings:

   - Aged-Gardens and Gardening
   - Container Gardens and Gardening
   - Gardening
   - Gardens and Gardening - Therapeutic Uses
   - Handicapped - Gardens and Gardening
   - Indoor Gardens and Gardening
   - Window Gardens and Gardening

Ideas for Discussion

1. Invite members of the audience to talk about their successes and failures with small-space gardening.

Ideas for Activities

1. Open the session up to actual digging. Have members of the audience do some planting for a library garden.

Ideas for Handouts

1. Material obtained from the print material contacts listed above in the "Program Support" section.
2. A list of your library's books and other materials on small-space gardening.
3. A green thumb-print bookmark. List the Dewey Decimal number for books on gardening and information on how to contact the local horticultural society.
4. Any promotional material your local horticultural society may wish to provide.

Ideas for Follow-up Programs

1. Nature in Your Own Backyard
   (See Program Outline # 18)
2. Plant Partners

   Encourage inter-generational activity by asking older adults and school children to volunteer to plant and maintain window boxes for the library. Match up each older adult with two or more children.

7. Living Wills: Where There's a Will, Is There a Way?

We are in the power of no calamity where death is in our own.

(Sir Thomas Browne, 1605-1682)

Program Outline

A panel presentation followed by a discussion will explain living wills, a "death with dignity" measure that is attracting increasing interest among older adults. The program will address the living will movement as a phenomenon inspired by developments in modern medicine and technology. The medical, legal, ethical, and religious aspects of living wills will be reviewed. The issue may be considered controversial.

This program will be best presented by a doctor, a lawyer, a member of the clergy and, as is possible, a representative of the Dying with Dignity organization. Although much of the program content will be determined by your panelists, you will want to be sure that the following aspects of the topic are addressed:

- the concept of "death with dignity" as a social reaction to the life-extending measures developed by modern technological medicine
- explanation of a living will
- legal status of living wills in Canada
- distinction between a living will and a durable power of attorney
- purpose or validity of living wills in the absence of legal status
- types of living wills (e.g., springing, immediate)
- degree of specificity required and possible in living wills
- medical, ethical, and religious issues associated with living wills
- practical considerations and warnings associated with living wills
- who should be aware of your living will and its contents
- difference between a living will and a living trust

Time Needed

1 to 1-1/2 hours for total presentation

Program Support

Books:

The following are examples of books on the topic:

Brown, Tracey
Living Will Simplified.
Shreveport, La.: Nook Publications; 1986
ISBN: 0-93833-900-1 (paperback)

Handbook of Living Will Laws.
New York: Society for the Right to Die; ©1987
ISBN: 0-96138-254-6

Williams, Phillip G.
The Living Will Sourcebook, with Forms.
Oak Park, Il.: P. Gaines Company; ©1986
ISBN: 0-93628-422-6 (paperback)

In addition, the following recent Canadian books contain information on living wills:

Novak, Mark
Aging and Society: a Canadian perspective.
Scarborough, Ont.: Nelson; ©1988
ISBN 0-17603-415-3 (paperback)

Thornton, James E., ed.
Ethics and Aging: the right to live, the right to die.
Vancouver: University of British Columbia Press; ©1988
ISBN: 0-77480-302-9; 0-77480-310-X (paperback)

van Bommel, Harry
Choices: for people who have a terminal illness, their families and their caregivers (second revised edition).
Toronto: NC Press Limited; ©1987
ISBN: 1-55021-020-3 (paperback)

Periodicals:

Consult seniors' magazines (see App. B) for articles on this topic.

Films:

The following film (see App. C) is related to the topic:

The Old Person's Friend
(13 minutes, sound, colour)

Contacts:

The following are possible sources of speakers (see App. E) on the topic:

The Canadian Bar Association

The Ontario Medical Association

Dying with Dignity

Local Clergy

A possible source of print material (see App. E) on this topic is:

Dying with Dignity

Preparation Checklist

See pages 9-10.

Program-specific Hints

1. The lawyer involved in this program should be experienced in wills and estate-related matters.
2. State on all promotional materials that the program will also be of interest to the families and caregivers of older adults.
3. Base your display of library materials on books dealing with death and dying issues from the 174, 261, 305.2, 344.7, and 362.1 sections of your collection. Include true accounts of families or individuals who have struggled with the right to death issue.
4. Supplement your display with books on aging and retirement from the 305.26 and 646.79 sections of your collection. Careful checking will often turn up sections on living wills.
5. Accompany the display with a sign reading "Live? or Let Die?."
6. Search appropriate subject headings in catalogues, indexes and bibliographies for additional material. The following are some possible headings:

   - Aging-Moral and Ethical Aspects
   - Death
   - Death with Dignity
   - Euthanasia
   - Living Trusts
   - Right to Die
   - Terminal Care
   - Terminally Ill

Questions for Discussion

1. Should Canadian law recognize living wills?
2. Would you agree to witness a family member's or close friend's living will?
3. In the absence of a living will or equivalent document, should medical caregivers assume that a patient has opted for maximally aggressive treatment to the end?

Ideas for Activities

1. Divide the audience into small groups. Give each group one of the questions suggested in the "Questions For Discussion" section. Arrange for the panelists to circulate between the groups. Allow 10 to 15 minutes for discussion. Ask for a brief oral summary from each group.

Ideas for Handouts

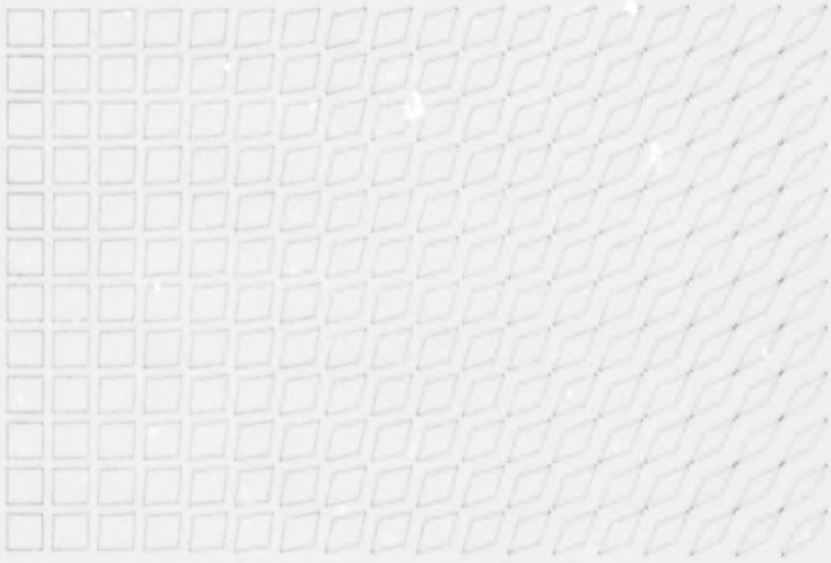
1. Material obtained from the print material contacts listed above in the "Program Support" section.
2. A list of your library's books and other materials on the death with dignity issue.
3. Distribute copies of sample living will forms.
4. Provide the address of the Dying with Dignity association.

Ideas for Follow-up Programs

1. Doctor-Patient Partnerships: A Healthy Approach to Modern Medical Care (See Program Outline #1)
2. The Elder Care Crunch: Parents and Children Growing Old Together (See Program Outline # 13)

Program Outlines

Lifestyle



8. Intimacy and Aging: Keeping the Home Fires Burning

What is life without the radiance of love?

(Johann Christoph Friedrich von Schiller, 1759-1805)

Program Outline

A panel presentation followed by a discussion will emphasize the importance of intimate relationships in older adults' lives. The program will encourage greater understanding of, and sensitivity to, the realities of "senior" sex and sexuality. The content may be explicit and, to a degree, considered controversial.

This program will be best presented by a sex therapist and either a therapist trained in group and family functioning, a social worker, or a psychologist. Although much of the program content will be determined by your panelists, you will want to be sure that the following aspects of the topic are addressed:

- myths and taboos concerning sex and older adults
- need for meaningful and intimate relationships throughout the senior years
- sex and sexuality in seniors' terms
- differing roles of romantic partners, family, and friends
- intimacy related options and related attitudes of society
- distinctions between sexual capacity, sexual interest, and sexual gratification
- age-related physical and psychological changes that influence sexual functioning
- relationships between sexual activity and mental and physical health
- effect of medication on sexual functioning
- importance of privacy for dignity and independence
- intimacy and disability

Time Needed

1-1/2 hours for total presentation

Program Support

Books:

The following are examples of books on the topic:

Ayrault, Evelyn West
Sex, Love and the Physically Handicapped.
New York: Continuum; 1981
ISBN: 0-82640-051-5

Brecher, Edward M.
Love, Sex and Aging: a Consumers Union report.
Boston: Little, Brown; ©1984
ISBN: 0-31610-718-2; 0-31610-719-0 (paperback)

Butler, Robert N.
Sex After Sixty: a guide for men and women for their later years.
New York: Harper & Row; ©1976
ISBN: 0- 06010-593-3

Lowen, Alexander
Love, Sex and Your Heart.
New York: Collier Macmillan; ©1988
ISBN: 0-02575-891-8

Olds, Sally Wendkos
Eternal Garden: seasons of our sexuality.
New York: Times Books; ©1985
ISBN: 0-81291-159-8

Rosenthal, Saul H.
Sex Over Forty.
Los Angeles: St. Martins Press; ©1987
ISBN: 0-87477-432-2

Periodicals:

Consult seniors' magazines (see App. B) and popular consumer magazines for articles on the topic.

Films:

The following are examples of films (see App. C) related to the topic:

The Search for Intimacy: love, sex and relationships in the senior years
(26 minutes, sound, colour)

Sexuality
(28 minutes, sound, colour)

Young at Heart
(29 minutes, sound, colour)

Contacts:

The following are possible sources of speakers (see App. E) on the topic:

The Sex Information and Education Council of Canada

The Board of Examiners in Sexual Therapy and Counselling in Ontario

The Ontario Association for Marriage and Family Therapy

The Ontario Psychological Association

The Ontario Association of Professional Social Workers

Preparation Checklists

See pages 9-10.

Program-specific Hints

1. State on all promotional materials that the program will also be of interest to the families and caregivers of older adults.
2. Do not force the question-and-answer part of your program if your audience is reluctant to participate. Keep in mind that, for many older adults, sex and intimacy are extremely personal and private matters. A better response may be received to an invitation to participate in an impersonal discussion based on a film.
3. Base your display of library materials on books dealing with love, sex, intimacy, and aging from the 301, 306, 612, and 613 sections of your collection.
4. Supplement your display with books on aging and retirement from the 305.26 and 646.79 sections of your collection. Many such books include sections on intimacy, sex, and sexuality. Also include good fiction about long-lasting and late-blooming romantic relationships.
5. Accompany the display with a sign reading "Love makes the World Go Round."
6. Search appropriate subject headings in catalogues, indexes and bibliographies for additional material. The following are some possible headings:

   - Aged-Sexual Behaviour
   - Physically Handicapped-Sexual Behaviour
   - Sex
   - Sex Instruction

Questions for Discussion

1. To what extent, if any, do adult children have the right to be actively concerned about their parents' "affaires de coeur"?
2. How can romance be kept alive in long marriages?
3. Is flirting—or sowing wild oats—at seventy as much fun (or more) as it was at twenty?

Ideas for Handouts

1. A list of your library's books and other materials on intimacy, sexuality, and loving relationships in later life.

Ideas for Follow-up Programs

1. Partnering Principles: Where to Look for a New Relationship and What to Look for in It.
2. Romantic Vacation Spots: Honeymooning in Your Third or Fourth Quarter
3. People and Pets: Constant and Affectionate Companionship (See Program Outline #5)

9. Housing Options for Senior Living: Making the Right Moves

For a man's house is his castle.

(Sir Edward Coke, 1552-1634)

Program Outline

A panel presentation followed by a discussion will give an overview of the many housing alternatives currently available to older adults. The program will emphasize the importance of financial, legal, and lifestyle considerations when deciding where and how to live.

This program will be best presented by a social worker, a lawyer, and a representative of the local housing authority. Consider including representatives from several local "options" (e.g., retirement village, seniors' apartment building, seniors' condominium complex, nursing home) and one or two local seniors who have chosen a more unusual kind of housing (e.g., time sharing or recreational vehicles). Although much of the program content will be determined by your panelists, you will want to be sure that the following aspects of the topic are addressed:

- traditional approaches to housing older adults
- reasons for society's interest in non-traditional types of housing alternatives for older adults
- range of housing required for older adults (i.e., independent living, intermediate care, extended care)
- comprehensive review of the types of housing available for older adults including:
  - the family home
  - homesharing
  - rental or purchase of a smaller house
  - condominium rental or purchase
  - membership in a co-op
  - purchase of a mobile or manufactured home
  - apartment rental
  - recreational vehicles
  - time-share resorts
  - retirement communities
  - retirement homes
  - senior citizens' apartment buildings
  - homes for the aged

- chronic care institutions
- granny flats, garden suites, accessory apartments

- how to analyse one's lifestyle from a housing perspective
- range of home support services available
- how to analyse a facility as a possible home
- brief reviews of local seniors' housing options
- important legal aspects of the various housing options for older adults

Time Needed

1-1/2 to 2 hours for total presentation

Program Support

Books:

The following are examples of books on the topic:

Directory of Accommodation for Seniors in Ontario.
Toronto: Office for Senior Citizens' Affairs; 1987
ISBN: 0-77293-154-2

Gold, Margaret
Guide to Housing Alternatives for Older Citizens.
New York: Consumer Reports Books; 1985
ISBN: 0-89043-031-4 (paperback)

Hooyman, Nancy R.
Taking Care of Your Aging Family Members: a practical guide.
New York: Free Press; ©1986
ISBN: 0-02914-901-0

Mobile Retirement Handbook: a complete guide to living and travelling in an RV.
North Vancouver, B.C.: International Self Council Press; 1987
ISBN: 0-88908-663-X

Towards Community Planning for an Aging Society.
Toronto: Ontario Ministry of Municipal Affairs and Housing; 1983
ISBN: 0-77438-473-5

Periodicals:

Consult seniors' magazines (see App. B) and popular consumer magazines for articles on the topic.

Films:

The following film (see App. C) is related to the topic:

Beyond Shelter
(24 minutes, sound, colour)

Contacts:

The following are possible sources of speakers (see App. E) on the topic:

Baycrest Centre for Geriatric Care

The Ontario Association of Professional Social Workers

The Canadian Bar Association

Local Housing Authority

Local Seniors' Housing Administrative Offices

Local Seniors' Clubs or Groups

The following are sources of print material (see App. E) on the topic:

The Canadian Housing Information Centre
Canada Mortgage and Housing Corporation

Health Information Centre
Communications Branch
Ontario Ministry of Health

Education Resources Centre
Ontario Office for Senior Citizens' Affairs

Preparation Checklists

See pages 9-10.

Program-specific Hints

1. Decide in the early stages of planning whether the program will benefit most from formal or informal participation by representatives of local seniors' housing alternatives. Be sure to explain clearly how much participation you want when you issue invitations to them.
2. Ask local seniors' clubs or groups to recommend seniors who are living in more unusual kinds of housing (e.g., time sharing, recreational vehicles).
3. State on all promotional materials that the program will also be of interest to the families of older adults.
4. If time is short at the presentation stage, introduce the local seniors' housing representatives at the beginning of the program and announce that they will be available to answer questions about their facilities both during the refreshment part of the program and at the conclusion of the formal program.
5. Include as much Canadian material as possible in your display.

6. Base your display of library materials on books dealing with housing alternatives for older adults from the 362, 363, 643, and 649 sections of your collection. Also review your government documents collection for relevant material.
7. Supplement your display with books on aging and retirement from the 305.26 and 646.79 sections of your collection. Many such books include chapters on housing alternatives and guidelines for choosing between them.
8. Accompany the display with a sign reading "Hearth and Home Alternatives."
9. Search appropriate subject headings in catalogues, indexes and bibliographies for additional material. The following are some possible headings:
   - Aged-Dwellings
   - Housing Options
   - Mobile Home Living
   - Recreational Vehicles
   - Retirement
   - Retirement Communities

Questions for Discussion

1. What may be responsible for the fact that Canada has one of the highest rates (over 8%) of institutionalization of the elderly?
2. What are the advantages and disadvantages of a "continuum community" approach to housing for older adults? (A "continuum community" approach allows for transitions from independence to intermediate care to extended care.)
3. How attractive are exclusively senior communities to older adults?
4. What are some possible approaches to homesharing?

Ideas for Activities

1. Incorporate consultations on local seniors' housing options into the browsing and refreshment part of the program.

Ideas for Handouts

1. Material obtained from the print material contacts listed above in the "Program Support" section.
2. A list of your library's books on housing options for older adults.
3. Simple checklists for analysing personal housing needs, and evaluating one's current home, retirement homes and long-term care facilities. Indicate that fuller lists can be found in books available from the library.

Ideas for Follow-up Programs

1. Use this program (Housing Options) to launch a mini-series on retirement planning. Follow-up with:
   - Estate Planning: Where There's a Will,...
   - Bodyworks: You Are What You Eat
   - Increasing Your Retirement Income: Cashing in on Your Experience and Expertise
2. And Justice for All: Seniors' Housing as a Community Issue (Film and informal discussion program)

   The Battle of Beech Hall
   (27 minutes, sound, colour)
   (See App. C)

   The Church and the Hearth
   (27 minutes, sound, colour)
   (See App. C)

10. Crime Proofing: A Common Sense Approach to Personal Safety

It is better to be safe than sorry.

(English Proverb)

Program Outline

An informal lecture and a film followed by a discussion will identify crimes frequently committed against senior citizens and will emphasize the responsibility older adults should take for their own safety. The program will promote the concept of crime proofing by stressing the devastating financial and emotional consequences of being a victim of crime. Effective crime proofing measures will be described.

This program will be best presented by a community relations officer from the local police force. Consider inviting a local hardware store to provide a lock exhibit and demonstration as well. Although much of the program content will be determined by your guest speaker, you will want to be sure that the following aspects of the topic are addressed:

- crimes frequently committed against older adults
- personal protection
- protection of house or apartment
- protection of possessions and valuables
- protection of finances and money
- safety measures related to transportation
- safety on vacation
- community or neighbourhood security programs
- coping strategies for crime victims

Allow time for the audience to view the lock exhibit and demonstration.

Time Needed

1 to 1-1/2 hours for total presentation

Program Support

Books:

The following are examples of books on the topic:

Ayoob, Massad F.
The Truth about Self-Protection.
New York: Bantam; 1983
ISBN: 0-55323-664-4 (paperback)

Dalziel, William B.
80 Do's and 58 Don'ts for Your Safety: a practical guide for eldercare.
Sepulveda, Ca.: Geriatric Research, Educational and Clinical Center, Sepulveda VA Medical Center; 1985

Gardner, Debbie
Survive: don't be a victim.
New York: Warner Books;1984
ISBN: 0-44638-061-X (paperback)

Herbert, Anthony B.
The Complete Security Handbook.
New York: Collier Books; 1983
ISBN: 0-02080-030-4 (paperback)

Johnson, Ray
Ray Johnson's Total Security: how you can protect yourself from crime.
New York: New American Library; ©1984
ISBN: 0-45225-601-1

Kratz, Karl
501 Ways to Crimeproof Your Home.
Los Gatos, Ca.: INNPRO; ©1989
ISBN: 0-94120-102-3 (paperback)

Periodicals:

Consult seniors' magazines (see App. B) and popular consumer magazines for articles on the topic.

Films:

The following are examples of films (see App. C) related to the topic:

Crime - Senior Alert
(18 minutes, sound, colour)

I'm Interested
(10 minutes, sound, colour)

Senior Power - And How to Use It
(26 minutes, sound, colour)

Contacts:

The following are possible sources of speakers (see App. E) on the topic:

Local Police Department

Local Hardware Store

The following are possible sources of print material (see App. E) on the topic:

Communications Branch
Ontario Ministry of the Solicitor General

Preparation Checklists

See pages 9-10.

Program-specific Hints

1. Decide in the early stages of planning whether or not to include a lock exhibit and demonstration. If you invite a local hardware store to provide a display and demonstration, be sure to say that the library will acknowledge the store's participation both in print and orally at the program.
2. State on all promotional materials that the program will also be of interest to the families and caregivers of older adults.
3. Base your display of materials on books dealing with safety and crime prevention from the 362.88, 613, 614, and 643 sections of your collection.
4. Supplement your display with books on aging and retirement from the 305.26 and 646.79 sections of your collection. Careful checking will often turn up sections on safety and crime prevention.
5. Accompany the display with a sign reading "Be safe - Not Sorry."
6. Search appropriate subject headings in catalogues, indexes and bibliographies for additional material. The following are some possible headings:
   - Burglary Protection
   - Crime Prevention
   - Dwellings-Security measures
   - Self-defence

Questions for Discussion

1. How effective, really, are self-help aids such as whistles and cans of Mace or hair spray?
2. Under what circumstances should you fight back if you are attacked?
3. Why do people so often hesitate to help someone in distress or to report unusual occurrences in the neighbourhood?
4. How viable is the concept of trust in today's society?

Ideas for Handouts

1. Material obtained from the print material contacts listed above in the "Program Support" section.

2. A list of your library's books and other materials on safety and crime prevention.
3. A burglar-proofing checklist for home security.
4. A bold, large print list of emergency telephone numbers.

Ideas for Follow-up Programs

1. Consumer Alert: Taking Charge in a Manipulative Marketplace (See Program Outline #11)
2. Home-icide: Is Your Home a Haven or a Hazard to Your Health?

11. Consumer Alert!: Taking Charge in a Manipulative Marketplace

The gods help them that help themselves.

(Aesop, fl. c. 550 B.C.)

Program Outline

An informal lecture followed by a discussion will deal with consumer issues of particular concern to older adults. The program will emphasize the importance of informed and active involvement in matters related to the marketplace. Strategies for effective consumer protection and advocacy will be described.

This program will be best presented by a consumer relations expert and a member of the library's staff. Although much of the program content will be determined by your expert and your audience you will want to be sure that the following aspects of the topic are addressed:

- consumer issues of particular interest to older adults
- tendency of older adults (especially single women) to be vulnerable to frauds and scams
- common scams
- legitimacy of seniors' discounts
- legitimacy of market research telephone surveys
- reliability of advertisements (e.g., instant cures, "make money at home" offers, get-rich-quick schemes)
- real estate pitfalls (e.g., home and property repairs, pressure from unscrupulous real estate agents to sell home or purchase new property)
- telephone scams and telemarketing fraud (e.g., bank account and charge card "checks," "something for nothing" offers)
- warnings about retirement planning "deals"
- seniors-oriented advocacy issues (e.g., product "congeniality" and safety, access to and within facilities such as stores and banks, television home shopping service, food processing, packaging and presentation)
- consumer protection strategies (e.g., dealing with door-to-door and telephone salespeople, payment practices, what to get in writing)
- advocacy and protection agencies for consumers in general and seniors in particular
- advocacy techniques
- art of complaining
- consumer information sources available at the library

Time Needed

1-1/2 hours for total presentation

Program Support

Books:

The following are examples of books on the topic:

Consumer Needs of Ontario's Senior Citizens.
Toronto: Ontario Advisory Council on Senior Citizens;1985

Edmonston, Phil
The Art of Complaining.
Toronto: Musson; 1984
ISBN 0-77371-063-9

Gordon, Lynne
The Consumer's Handbook: a guide to beating inflation, exploitation, and the latest commercial rip-offs.
Toronto: McClelland and Stewart; ©1981
ISBN: 0-77103-433-4

McNeill, Patricia
The Consumer Book for Ontario: how to shop, complain, and get what you want!
Vancouver, B.C.: International Self-Counsel Press; 1980
ISBN: 0-88908-328-2

Trebilcock, Michael J.
The Canadian Market Place: a consumer rights handbook.
Toronto: CBC Enterprises; ©1983
ISBN: 0-88794-119-2

Wires, David
Avoid a Rip-off.
Toronto: Forum House; ©1982
ISBN: 0-77403-198-0

Periodicals:

The following are examples of magazines (see App. A) on the topic:

Canadian Consumer

Changing Times

Consumer Reports

Consumers' Research Magazine

Protect Yourself

Additional coverage can be found in seniors' magazines (see App. B) and popular consumer magazines.

Contacts:

The following are possible sources of speakers (see App. E) on the topic:

Local Better Business Bureau

Local Businessman's Association

Local Chamber of Commerce

Consumer Services Branch
Ontario Ministry of Consumer and Commercial Relations

The Consumer Association of Canada (Ontario)

Library staff

The following are possible sources of print material (see App. E) on the topic:

Support Services Division
Communication Services
Ontario Ministry of Consumer and Commercial Relations

Preparation Checklists

See pages 9-10.

Program-specific Hints

1. Arrange for a staff member to present the library's best and most often consulted consumer reference materials.
2. State on all promotional materials that the program will also be of interest to the families and caregivers of older adults.
3. Tell the local media that the program has potential for a good consumers' issues story.
4. Base your display of library materials on books dealing with consumer awareness from the 343.7, 381.3, 640.73, and 658.8 sections of your collection.
5. Supplement your display with books on aging and retirement from the 305.26 and 646.79 sections of your collection. Careful checking will often turn up sections on informed consumer practices.
6. Accompany the display with a sign reading "Looking Out for #1."
7. Search appropriate subject headings in catalogues, indexes and bibliographies for additional material. The following are some possible headings:

   - Aged as Consumers
   - Consumer Complaints
   - Consumer Education

- Consumer Protection
- Product Safety
- Quality of Products

Also search subject headings for specific consumer problems (e.g., financial services, medical care, food adulteration, automobiles, clothing).

Ideas for Discussion

1. Divide the audience into small groups. Give each group a specific consumer issue to discuss from senior's point of view. Is it really a seniors' issue? If so, how or why? Are there any possible solutions? What, if anything, can seniors do to help remedy the situation? (Some examples of seniors' issues are restaurant meals, comfortable clothing, automobile insurance, access to information, medical care, home support services, and dealing with rising costs on fixed incomes.) Allow 10 to 15 minutes for discussion. Ask for a brief oral summary from each group.

Ideas for Handouts

1. Material obtained from the print material contacts listed above in the "Program Support" section
2. A list of your library's books and other materials for consumers.
3. A list of consumer tips for senior citizens.
4. A list of consumer support organizations, agencies and services complete with addresses and telephone numbers.

Ideas for Follow-up Programs

1. Advertising: Seeing Through the Hype and Hoop-la
   (Film and informal discussion program)

   The Medicine Show
   (31 minutes, sound, colour)
   (see App. C)
2. To Market! To Market!: A Consumer-wise Approach to Nutrition
   (Film and informal discussion program)

   The Food Show
   (47 minutes, sound, colour)
   (see App. C)
3. Thingumajigs and Doohickies: Aids for Easier Living
4. Best Buys: What They Are and Where to Find Them

12. Travel-wise: Tips for Stress-Free Travel

I always love to begin a journey on Sundays, because I shall have the prayers of the church to preserve all that travel by land, or by water.

(Jonathan Swift, 1667-1745)

Program Outline

A panel presentation followed by a discussion will consider older adults as an important and rapidly growing segment of the travel market. The program will describe ways in which many of the stresses related to travelling can be minimized or eliminated. Planning measures will be emphasized.

This program will be best presented by a travel agent, a consumer relations expert, and a member of the library's staff. Although much of the program content will be determined by your panelists, you will want to be sure that the following aspects of the topic are addressed:

- characteristics of a good travel agent
- monetary considerations (e.g., handling other currencies, protecting your money, the right mix of cash, credit and traveller's cheques)
- pros and cons of travel by air, sea, and land
- security tips for travel by air, sea, and land
- pros and cons of different kinds of accommodation
- tips for accommodation security
- tips for sightseeing safety
- tips for shopping and shipping merchandise
- itinerary and baggage misadventures
- health precautions
- essential documents
- travel alarms and other security devices
- services provided by embassies and consulates
- value of travel testimonials
- home security during holidays
- travel planning resources available at the library

Time Needed

1-1/2 hours for total presentation

Program Support

Books:

The following are examples of books on the topic:

Adler, Jack
Travel Safety: security safeguards at home and abroad.
New York: Hippocrene; ©1988
ISBN: 0-87052-505-0

Burns, Deborah
Tips for the Savvy Traveler.
Pownal, Vt.: Storey Communications; ©1987
ISBN: 0-88266-464-6 (paperback)

Delaney, John F.
Travelwise: a guide to safety, security, and convenience when you travel.
Vancouver: International Self-Counsel Press, 1989
ISBN: 0-88908-697-4

Downes, Robert C.
The International Safe Travel Guide.
White Hall, Va.: Betterway Publications; ©1987
ISBN: 0-93262-078-7 (paperback)

Massow, Rosalind
Travel Easy: the practical guide for people over 50.
Glenview, Il.: Scott, Foresman; ©1985
ISBN: 0-67324-817-8

Noble, Cinnie
Handi-travel: a resource book for disabled and elderly travellers (second edition).
Toronto: Canadian Rehabilitation Council for the Disabled; ©1987
ISBN: 0-86500-085-9

Periodicals:

The following are examples of magazines (see App. A) that provide coverage on the topic:

International Travel News

Travel Scoop

Travel Smart

Additional coverage can be found in seniors' magazines (see App. B) and general travel magazines.

Films:

The following film (see App. E) is related to the topic:

Bon Voyage, But ...
(27 minutes, sound, colour)

Contacts:

The following are possible sources of speakers (see App. E) on the topic:

Local travel agencies

Consumer Services Branch
Ontario Ministry of Consumer and Commercial Relations

Library Staff

Preparation Checklists

See pages 9-10.

Program-specific Hints

1. Arrange for a staff member to present a sampling of the library's most popular travel planning materials.
2. State on all promotional materials that the program will also be of interest to travellers of all ages.
3. Base your display of materials on books dealing with safe and smart travel from the 910.2 section of your collection. Include a selection of travel guides and manuals as well.
4. Supplement your display with books on aging and retirement from the 305.26 and 646.79 sections of your collection. Careful checking will often turn up sections on travel advice for older adults.
5. Accompany the display with a sign reading "Smart Travellers Book Their Trips."
6. Search appropriate subject headings in catalogues, indexes and bibliographies for additional material. The following are some possible headings:

   - Aged-Travel
   - Handicapped-Travel
   - Physically Handicapped-Travel
   - Travel
   - Travel-Handbooks, Manuals
   - Travel-Safety Measures
   - Voyages and Travel-Guidebooks

Ideas for Discussion

1. Invite the audience to volunteer some of their own tips for safe and comfortable travel.

Ideas for Handouts

1. A list of your library's books and other materials on stress-free travel.

2. A "Don't Leave Home Without It" checklist.
3. A medical travel kit checklist.

Ideas for Follow-up Programs

1. Adventure Holidays: Travel Opportunities of a Lifetime.
   (See Program Outline #16)
2. Crime Proofing: A Common Sense Approach to Personal Security.
   (See Program Outline #10)
3. "Don't Worry, Be Happy": Relaxation Techniques for Reducing Stress

13. The Elder Care Crunch: Parents and Children Growing Old Together

What is this life if, full of care,
We have no time to stand and stare?

(William Henry Davies, 1871-1940)

Program Outline

A panel presentation followed by a discussion will address the issue of caring for aged parents primarily from a "senior" child perspective. The program will review frankly the important considerations that determine the extent to which parents can be cared for by children who are seniors themselves. Various arrangements for caring for parents, effective coping mechanisms, and support services will be described.

This program will be best presented by a social worker and a doctor. Consider inviting a member of the clergy as well. Although much of the program content will be determined by your panelists, you will want to be sure that the following aspects of the topic are addressed:

- increasing incidence of seniors caring for seniors
- importance of being aware of the physical, mental, and emotional effects of aging
- shifting roles of parent and child
- fine lines between caring, over-caring, and under-caring
- importance of respecting your own right to life
- pitfalls related to the "superperson" (usually "superwoman") syndrome
- coping with the "sandwich generation" role
- rewards of caregiving
- review of the physical, emotional, financial, and legal pressures of caregiving
- caregiving alternatives
- realistic vs. unrealistic expectations
- burnout signals
- coming to terms with guilt, anger, and resentment
- elder abuse
- support services available

Time Needed

1 to 1-1/2 hours for total presentation

Program Support

Books:

The following are examples of books on the topic:

Cadmus, Robert R.
Caring For Your Aging Parents: a concerned complete guide for children of the elderly.
Scarborough, Ont.: Prentice-Hall; 1984
ISBN: 0-13114-786-2; 0-13114-752-8 (paperback)

Edinburg, Mark A.
Talking With Your Aging Parent: a guide for children of the elderly.
Boston: Shambhala; 1987
ISBN: 0-87773-390-2

MacLean, Helene
Caring For Your Aging Parents: a sourcebook of options and solutions for both generations.
New York: Doubleday; 1987
ISBN: 0-38524-148-8; 0-38523-314-0 (paperback)

Shelley, Florence D.
When Your Parents Grow Old (second edition).
New York: Harper & Row; ©1988
ISBN: 0-06055-010-4; 0-06096-090-6 (paperback)

Shulman, Bernard H.
How to Survive Your Aging Parents...So You and They Can Enjoy Life.
Chicago: Surrey Books; ©1988
ISBN: 0-94062-502-4 (paperback)

Thompson, Wendy
Aging Is a Family Affair: a guide to quality visiting, long term care facilities and you (second revised edition).
Toronto: NC Press; ©1988
ISBN: 1-55021-029-7

Periodicals:

Consult seniors' magazines (see App. B) and popular consumer magazines for articles on the topic.

Films:

The following are examples of films (see App. C) related to the topic:

A House Divided: care giver stress and abuse of the elderly
(35 minutes, sound, colour)

A New Age For the Old
(27 minutes, sound, colour)

Physical Fitness in the Later Years
(23 minutes, sound, colour)

Sexuality
(28 minutes, sound, colour)

Contacts:

The following are possible sources of speakers (see App. E) on the topic:

Baycrest Centre for Geriatric Care

Complete Geriatric Care

The Ontario Association of Professional Social Workers

The Ontario Medical Association

Local clergy

The following are possible sources of print material (see App. E) on the topic:

Complete Geriatric Care

Health Information Centre
Communications Branch
Ontario Ministry of Health

The Ontario Association of Professional Social Workers

Preparation Checklists

See pages 9-10.

Program-specific Hints

1. State on all promotional materials that the program will also be of interest to the families and caregivers of older adults.
2. This may be an emotionally difficult topic for some members of your audience. If, at any point, a brief respite seems to be in order, be prepared to suggest a pause for refreshments.
3. Base your display of library materials on books dealing with elder care from the 305.26, 306.87, 362.6, and 649.8 sections of your collection.
4. Supplement your display with fiction (e.g., The Stone Angel, The Twilight Years) that features accounts of relationships between aging parents and adult children.
5. Accompany the display with a sign reading "Caring and Coping."
6. Search appropriate subject headings in catalogues, indexes and bibliographies for additional material. The following are some possible headings:

- Adult Children
- Aged-Care
- Aged-Family Relationships
- Aged-Institutional Care
- Aged-Psychology
- Aged-Services for
- Old Age Assistance

Questions and Ideas for Discussion

1. What are some hints for successful visiting, particularly in chronic care situations?
2. Why does one child tend to become responsible for parents? How can assistance from other family members be obtained?
3. Invite members of the audience to participate in a "what happens if..." question and answer period.
4. Ask members of the audience to describe any coping strategies and support services that they have found particularly helpful.

Ideas for Handouts

1. Material obtained from the Print Material contacts listed above in the "Program Support" section.
2. A list of your library's books and other materials on elder care.
3. A "Where to Get Help" list.
4. A checklist of caregiver burnout symptoms.

Ideas for Follow-up Programs

1. Housing Options for Senior Living: Making the Right Moves (See Program Outline #9)
2. Living Wills: Where There's a Will, Is There a Way? (See Program Outline #7)
3. Elder Abuse: When Caring and Coping Conflict

14. The Grandparent's Role: What to Make of It

The old and the very young have some strange communion that we in the middle do not understand.

(Madeleine Polland, 1918-)

Program Outline

An informal lecture followed by a discussion will consider the role and relevance of grandparents in today's society. The program will stress the importance of inter-generational understanding and involvement, both in families and in surrogate or fostering situations. Ways of being an effective grandparent will be described.

The program will be best presented by a psychologist or a social worker. Although much of the program content will be determined by your guest speaker, you will want to be sure that the following aspects of the topic are addressed:

- importance of inter-generational relationships
- traditional role of grandparents
- importance of the traditional bond between grandparents and grandchildren
- effect of our changing society on traditional styles of grandparenting
- implications of the absence of grandparents
- results of recent research on relationships between grandparents and grandchildren
- the role of grandparents today
- differences between grandparent-grandchild and parent-child relationships
- range of grandparent roles (e.g., mentor, wizard, confidant, historian, storyteller, negotiator, mediator, role model)
- variety of grandparenting styles (e.g., formal, fun, surrogate parent, distant)
- being a grandparent from a distance
- importance of, and opportunities for, being a surrogate or foster grandparent

Time Needed

1 to 1-1/2 hours for total presentation

Program Support

Books:

The following are examples of books on the topic:

Cherlin, Andrew J.
The New American Grandparent: a place in the family, a life apart.
New York: Basic Books; ©1986
ISBN: 0-46504-993-1; 0-46504-994-X (paperback)

Isbister, Ruth
Grandparenting in the Modern World.
Toronto: Deneau Publishers; 1989
ISBN: 0-88879-206-9

Kornhaber, Arthur
Between Parents & Grandparents.
New York: Berkley Books; 1987
ISBN: 0-42510-187-8 (paperback)

Kornhaber, Arthur
Grandparents - Grandchildren: the vital connection.
New Brunswick, N.J.: Transaction Books; 1984
ISBN: 0-87855-994-9 (paperback)

Rogers, Dale Evans
Grandparents Can.
Old Tappan, N.J.: F.H. Revell; ©1983
ISBN: 0-80071-343-5

Wasserman, Selma
Long Distance Grandmother: how to stay close to distant grandchildren.
Vancouver: Hartley & Marks; ©1988
ISBN: 0-88179-020-6 (paperback)

Periodicals:

The following magazine (see App. B) provides coverage on the topic:

Just Grand

Articles on this topic are also published occasionally in other seniors' magazines (see App. B) and popular family magazines.

Films:

The following are examples of films (see App. C) related to the topic:

Close Harmony
(29 minutes, sound, colour)

Lilith Summer
(28 minutes, sound, colour)

Contacts:

The following are possible sources of speakers (see App. E) on the topic:

Baycrest Centre for Geriatric Care

The Ontario Association of Professional Social Workers

The Ontario Psychological Association

A possible source of print material (see App. E) on the topic is:

The Foundation for Grandparenting

Preparation Checklists

See pages 9-10.

Program-specific Hints

1. Consider presenting this program in September just before Grandparents' Day (second Sunday in September) or during the Week of the Child (third week in October).
2. State on all promotional material that the program will be of interest not only to grandparents but also to parents, expectant grandparents, and would-be grandparents.
3. Base your display of library materials on books dealing with grandparents from the 301.427 and 306.87 sections of your collection.
4. Supplement your display with books on aging from the 305.26 section of your collection. Careful checking will often turn up sections on grandparenting. Also include picture books and juvenile fiction featuring relationships between grandparents and grandchildren and between different generations.
5. Accompany the display with a sign reading "Grandparents are the Roots of the Family Tree."
6. Search appropriate subject headings in catalogues, indexes and bibliographies for additional material. The following are some possible headings:
   - Grandfathers
   - Grandmothers
   - Grandparent and Child
   - Grandparents

Questions for Discussion

1. Is being a grandparent a second chance to be a parent?
2. Is it a grandparent's right to spoil a grandchild "just a little"?

3. Do maternal and paternal grandparents tend to have equal access to their grandchildren?

Ideas for Activities

1. Divide the audience into small groups. Ask each group to suggest three tips for being a successful grandparent. Allow 10 minutes for discussion. Ask each group to present its ideas.

Ideas for Handouts

1. Material obtained from the print material contacts listed above in the "Program Support" section.
2. A list of your library's books and other materials on grandparenting.
3. A list of tips for being a great grandparent.

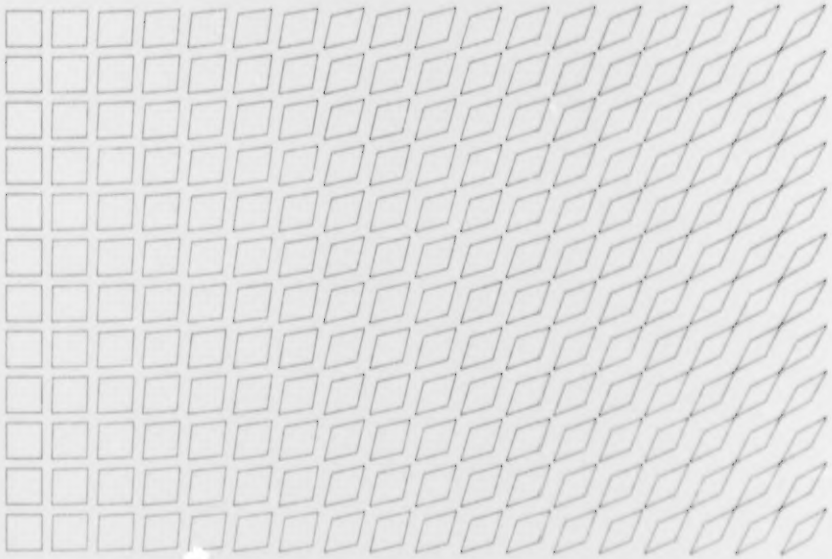
Ideas for Follow-up Programs

1. Senior Citizens' Month Pet Fair (See the "Ideas for Follow-up Programs" section of Program Outline #5)
2. Plant Partners (See the "Ideas for Follow-up Programs" section of Program Outline #6)
3. Senior Citizens' Hobby Fair

   Encourage inter-generational activity by organizing a seniors' craft and hobby show at which the exhibitors explain, display, and demonstrate their crafts and hobbies to children.

Program Outlines

Leisure



15. Author! Author!: A "Who's Who" Introduction to Canadian Literature

Talent alone cannot make a writer; there must be a man behind the book.

(Ralph Waldo Emerson, 1803-1882)

Program Outline:

Informal lectures, readings, films and discussion will promote interest in Canadian literature by focusing on the persons responsible for the creation of Canadian fiction, non-fiction, and poetry. This program, best suited to a series or literary festival format, will provide opportunities for readers to learn more about Canadian writers, their works, and their influence on the reading public.

This program will be best presented by experts on, or enthusiastic fans of, the authors to be featured. Although much of the program content will be determined by your guest speakers, you will want to be sure that the emphasis is on the writer (rather than the works) and that the following topics are addressed:

- biographical details
- human interest items (e.g., stories from childhood or youth, pet peeves, favourite foods, favourite author)
- overview of literary works
- summary of awards, honours received
- influences on content and style of writing
- literary anecdotes
- excerpts of reviews—complimentary and otherwise
- influence on readers
- short, carefully selected readings
- information on works in progress

Time Needed

2 hours for each segment of a series program;

A full day (or equivalent) for a festival.

Program Support

Books:

The following are examples of books which will be of assistance:

Colombo, John Robert
Canadian Literary Landmarks.
Willowdale, Ont.: Hounslow; 1984
ISBN: 0-88882-073-9; 0-88882-077-1 (paperback)

Heath, Jeffrey M.
Profiles in Canadian Literature (volumes 1-6).
Toronto: Dundurn Press; (1980-1986)

Moritz, Albert
The Oxford Illustrated Literary Guide to Canada.
Toronto: Oxford University Press; ©1987
ISBN: 0-19540-596-X

Toye, William
The Oxford Companion to Canadian Literature.
Toronto: Oxford University Press; ©1983
ISBN: 0-19540-283-9; 0-19540-479-3 (paperback)

Weaver, Robert, ed.
The Oxford Anthology of Canadian Literature.
Toronto: Oxford University Press; 1985
ISBN: 0-19540-376-2 (paperback)

Who's Who in the Writers' Union of Canada.
Toronto: Writers' Union of Canada; ©1988
ISBN: 0-96907-962-1 (paperback)

Periodicals:

The following are examples of magazines (see App. A) that publish articles on Canadian authors:

Books in Canada

Canadian Literature

Essays on Canadian Writing

Quill & Quire

Studies in Canadian Literature

(The *Canadian Periodical Index* provides a fuller list of Canadian literature magazines)

Films:

The following are examples of films (see App. C) related to the topic:

Darts in the Dark: an introduction to W. O. Mitchell
(16 minutes, sound, colour)

Our Kinda Talk: an introduction to Margaret Laurence
(24 minutes, sound, colour)

Ten Million Books: an introduction to Farley Mowat
(25 minutes, sound, colour)

(The film catalogue of the National Film Board of Canada contains a fuller list of films about Canadian writers.)

Contacts:

The following are possible sources of speakers on the topic:

Library Staff

Local High Schools (English Teachers)

Local Community College (Language Studies Department)

Local University (Humanities Department)

The following are possible sources of print material (see App. E) on the topic:

Publishers of featured authors

The Canadian Book Information Centre

Dundurn Press

Hurtig Publishers

Preparation Checklists

See pages 9-10.

Program-specific Hints

1. Decide which authors to feature by investigating the availability of local resources and expertise.
2. Present or launch this literary program during National Book Festival (usually the second or third week of April) or Ontario Public Library Week (the third week of October).
3. State on all promotional materials that the program will also be of interest to Canadian literature enthusiasts of all ages.
4. Tell the local media that the series or festival has the potential for a good story about National Book Festival or Ontario Public Library Week.
5. Ask the publishers of your featured authors for any promotional materials that are available.
6. Approach local bookstores for a contribution of several books by your featured authors to be used as door prizes. Advise that any such contribution will be acknowledged both orally and in print at the series or festival.
7. Base your displays of library materials on books written by your featured authors. Supplement the displays with material about the authors and their works from the 819, 917, 971, and biography sections of your collection.
8. Accompany the displays with a sign reading "Author! Author!".
9. Search appropriate subject headings in catalogues, indexes and bibliographies for additional material. (Use the

Canadian Periodical Index, the *Book Review Index* and *Book Review Digest* as primary resources.) The following are some possible headings:

- Authors, Canadian
- Book Reviews
- Canadian Literature
  (Names of individual authors)

10. Add an interesting visual component to your sessions by displaying Hurtig Publishers' (see App. E) Literary Map of Canada. Purchase several extra copies to use as door prizes.

Questions and Ideas for Discussion

1. To what extent, if any, are books by the featured authors identifiably Canadian? In what ways?
2. Is it important to have an identifiably Canadian literature? Why? Why not?
3. Which books by the featured authors were particularly impressive? Why? What books were disappointing? Why?
4. Present contrasting reviews, if possible, of books by your featured authors. Invite members of the audience to respond to the reviewers' remarks.

Ideas for Activities

1. Consider launching the festival or series sessions with informal quizzes on the lives and works of the featured authors.
2. Hold door prize draws.

Ideas for Handouts

1. Material obtained from the print material contacts listed above in the "Program Support" section.
2. Lists of your library's books and other materials about your featured authors.
3. Complete bibliographies of your featured authors' works.
4. A list of Canadian authors indicating the genre in which each of them writes (i.e., fiction, non-fiction, poetry).
5. A "staff recommends" list of favourite Canadian books.

Ideas for Follow-up Programs

1. Canadian Content: What's New This Season in Canadian Books?
2. Canadian Literary Landmarks: a "Novel" Approach to Touring Canada
3. From Print to Screen: Canadian Literature on Film

16. Adventure Holidays: Travel Opportunities of a Lifetime

First ponder, then dare.

(Helmuth von Moltke, 1800-1891)

Program Outline

An informal lecture and a film followed by a discussion will provide an overview of the many exciting travel opportunities now available to older adults. The program will encourage an active and adventurous approach to holidays and extended travel. Travel companies that specialize in adventure opportunities for older adults will be identified.

This program will be best presented by a travel agent and a member of the library's staff. Consideration may also be given to involving one or two local seniors who have had exciting or unusual holidays or travel experiences. Although much of the program content will be determined by your guest speaker, you will want to be sure that the following aspects of the topic are addressed:

- various meanings of "adventure"
- importance of health and lifestyle considerations when planning adventure holidays or travel
- aspects of adventure holidays and travel including geographic (e.g., country, region, or landform of interest), mode of transportation (e.g., train, freighter, or recreational vehicle), and specific activity (e.g., canoeing, birdwatching, or cooking)
- overview of various Canadian and international adventure holiday tours and their costs.
- extent to which adventure holidays and travel can be tailored to the individual.
- general tips for adventure travelling
- travel planning materials available at the library

Time Needed

1 to 1-1/2 hours for total presentation

Program Support

Books:

The following are examples of books on the topic:

Adventure Vacation Catalog.
New York: Simon & Schuster; ©1984
ISBN: 0-67150-770-2 (paperback)

Fodor's Worldwide Adventure Guide.
New York: D. McKay Co; (serial paperback)

Hill, T. J.
Adventure Travelling: where the package tours won't take you.
Bedford, Mass.: Mills & Sanderson; ©1986
ISBN: 0-93817-901-2 (paperback)

Le Bon, Leo
The Adventurous Traveller's Guide (1986/1987).
New York: Simon and Schuster; ©1985
ISBN: 0-67160-447-3 (paperback)

Mountain Travel Book of Treks, Outings & Expeditions.
Berkeley, Ca.: Ten Speed Press; 1984
ISBN: 0-89815-114-7 (paperback)

Sobek's Adventure Vacations (fourth edition).
Philadelphia: Running Press; ©1986
ISBN 0-89471-429-5; 0-89471-428-7 (paperback)

Periodicals:

The following are examples of magazines (see App. A) that publish articles on the topic:

Great Expeditions

Real Travel

Travel à la Carte

Travel-Holiday

Also consult seniors' magazines (see App. B) for articles on the topic:

Films:

The following are examples of films (see App. C) related to the topic:

Bike Style
(20 minutes, sound, colour)

Caravaners
(28 minutes, sound, colour)

White Water, Grey Hair: not for teenagers only
(19 minutes, sound, colour)

Contacts:

The following are possible sources of speakers (see App. E) on the topic:

Local Travel Agencies

The Federation of Ontario Naturalists
Canadian Nature Tours Program

Library staff

The following are possible sources of print material (see App. E) on the topic:

Local Travel Agencies

Adventure Travel Specialists
Some examples are:

- The Federation of Ontario Naturalists
- Canadian Nature Tours
- Mount Robson Adventure Holidays
- Nahanni River Adventures

Preparation Checklists

See pages 9-10.

Program-specific Hints

1. Full-service or major chain travel agencies are most likely to be able to provide a travel agent experienced in seniors' and adventure travel. Whenever possible, it is preferable for the agent to have experienced at least some of the adventure trips.
2. Decide in the early stages of planning whether to invite one or two senior adventurers to participate in the program. Contact local seniors' clubs or groups for recommendations, if necessary.
3. Arrange for a staff member to present a variety of the library's most popular holiday and travel planning materials.
4. State on all promotional materials that the program will also be of interest to adventurers of all ages.
5. Check both travel and seniors' magazines for advertisements for senior and adventure travel specialists.
6. Base your display of library materials on books dealing specifically with adventure travel from the 910.202 and 917.3 sections of your collections.
7. Supplement your display with interesting travel books from elsewhere in the 900s section of your collection. Include travel diaries and autobiographical accounts of travel adventures.
8. Accompany the display with a sign reading "Adventure Holidays: Dreams Translated into Action."
9. Search appropriate subject headings in catalogues, indexes and bibliographies for additional material. The following are some possible headings:

   - Adventure and Adventurers
   - Travel
   - Vacations

– Voyages and Travel

Also search specific headings (e.g., Mountaineering, Safaris, Voyages Around the World) to find material on particular types of holiday and travel adventures. Finally, browse the travel section for titles which contain the word "adventure"

10. Decorate the program area with appropriate travel posters and large maps. Highlight adventure areas on the maps with brightly coloured arrows.

Ideas for Discussion

1. Invite members of the audience to describe any adventure holidays they have had or would like to have.

Ideas for Handouts

1. Material obtained from the print material contacts listed above in the "Program Support" section.
2. A list of your library's books and other materials on adventure holidays and travel.
3. A list of travel companies that specialize in seniors' travel or adventure holidays.

Ideas for Follow-up Programs

1. Travel-wise: Tips for Stress-Free Travel
   (See Program Outline #12)
2. Armchair Adventuring: Travelling the World in Books and Films
   (Booktalk and film series)
3. Travel Photography: Shooting the Sights with Assurance

17. Castles of Great Britain and Ireland: Bastions of Mystery, Romance, and Intrigue

... our castle's strength
will laugh a siege to scorn.

(William Shakespeare, 1564-1616)

Program Outline

An informal lecture, a film or slide presentation, and storytelling or readings, followed by a discussion will focus on the medieval mystique of castles. The program will promote interest in the castles of Great Britain and Ireland and their legends and lore. Opportunities for visiting castles will be described.

This program will be best presented by a history or castle enthusiast assisted by a professional or staff storyteller and a travel agent. Although much of the program content will be determined by your guest speakers, you will want to be sure that the following aspects of the topic are addressed:

- origins of castles
- function of the castle in history
- construction and design of castles
- castle life during peace and war
- decline of castles
- castles in literature and legend
- castles and castle ruins in Great Britain and Ireland
- legends and ghost stories of the castles of Great Britain and Ireland

Time Needed

1-1/2 to 2 hours for total presentation

Program Support

Books:

The following are examples of books on the topic:

Bailey, Brian
Great Romantic Ruins of England and Wales.
New York: Crown; ©1984
ISBN: 0-51755-151-9

Bottomley, Frank
The Castle Explorer's Guide to England, Scotland and Wales.
North Pomfret, Vt.: David and Charles; 1979
ISBN: 0-71821-219-3

Brown, R. Allen
The Architecture of Castles.
New York: Facts on File; ©1984
ISBN: 0-81601-146-X

Furtado, Peter
The Country Life Book of Castles and Houses in Britain.
London: Newnes; ©1986
ISBN: 0-60035-867-4

Lee, Alan
Castles.
Toronto: Bantam; ©1984
ISBN: 0-55305-066-4

Macaulay, David
Castle.
Boston: Houghton Mifflin; ©1977
ISBN: 0-39525-784-0

Periodicals:

British pictorial and travel magazines are the best sources of articles on this topic.

Films:

The following are examples of films (see App. C) related to the topic:

Castle
(34 minutes, sound, colour)

Castle
(58 minutes, sound, colour)

Contacts:

The following are possible sources of speakers (see App. E)

Local High Schools

Local Community College

Local University

Local Travel Agencies

The Storytellers School of Toronto

Library Staff (Storytellers)

The following are possible sources of print material on the topic:

Local Travel Agencies

Preparation Checklists

See pages 9-10.

Program-specific Hints

1. Either version of the film, *Castle*, will provide a good historical perspective for this program if a historian or castle buff is not available.
2. Full-service or major chain travel agencies are most likely to be able to provide a travel agent with first-hand experience of trips to castles.
3. State on all promotional materials that the program will also be of interest to castle lovers of all ages.
4. Base your display of library materials on books dealing with castles from the 398.2, 623, 725, 728, 914.2 and 940-942 sections of both your adult and juvenile collections.
5. Supplement your display with travel books on England, Wales, Scotland, and Ireland from the 914.1 and 914.2 sections of your collection.
6. Be sure to check the areas of your collection where oversize books are shelved. Books about castles are frequently published as coffee table books and, owing to their size, tend to be shelved out of regular sequence.
7. Accompany the display with a sign reading "Medieval Mystique."
8. Search appropriate subject headings in catalogues, indexes and bibliographies for additional material. The following are some possible headings:
   - Architecture-Medieval
   - Castles - (Name of Country)
   - Castles - Folklore
   - Castles in Literature
   - Fortifications
   - Historic Buildings
   - Historic Sites
   - Military Architecture
   - Palaces
9. Decorate the program area with appropriate travel posters. Pictorial calendars with a castle theme are an additional source of display photographs.

Questions for Discussion

1. Invite members of the audience to describe any castles they have had the opportunity to visit.

Ideas for Handouts

1. Material obtained from the print material contacts listed above in the "Program Support" section.

2. A list of your library's books and other materials on castles. Include fiction and folklore under the headings Castles in Myth, Castles in Romance, and Castles in Fantasy.
3. A map of castle sites in Great Britain and Ireland.

Ideas for Follow-up Programs

1. Travel-wise: Tips for Stress-Free Travel
   (See Program Outline #11)
2. Castle Concert
   (Film program)

   Mr. Menuhin's Welcome to Blair Castle
   (50 minutes, sound, colour)
   (See App. C)
3. Cathedrals of the World: Religious Art and Architecture through the Ages

18. Wildlife Gardening: Nature in Your Own Backyard

All nature seems at work. Slugs leave their lair—
The bees are stirring—birds on the wing—

(Samuel Taylor Coleridge, 1772-1834)

Program Outline

An informal lecture and a film or slide presentation followed by a discussion will introduce the idea of wildlife gardening. The program will encourage nature lovers to create backyard environments that will attract insects, birds, reptiles and mammals and provide opportunities for observing and studying nature at home.

This program will be best presented by a naturalist or wildlife enthusiast and a member of the library's staff. Consideration may also be given to including a representative of a local nursery or garden centre. Although much of the program content will be determined by your guest speaker, you will want to be sure that the following aspects of the topic are addressed:

- relationship between plant and animal life
- local insects, birds, reptiles and mammals
- desirable and undesirable insects, birds, reptiles and mammals
- plants that attract desirable wildlife
- plants that discourage undesirable wildlife
- feeders, baths, shelters and other devices that attract wildlife
- watching tips
- recommended watching equipment
- wildlife watching materials available at the library

Time Needed

1 to 1-1/2 hours for total presentation

Program Support

Books:

The following are examples of books on the topic:

Brown, Tom Jr.
Tom Brown's Field Guide to the Forgotten Wilderness.
New York: Berkley Books; ©1987
ISBN: 0-42509-715-3 (paperback)

Dennis, John V.
The Wildlife Gardener.
New York: Ballantine; 1988
ISBN: 0-34534-860-5 (paperback)

Ernst, Ruth Shaw
The Naturalist's Garden: bring your yard to life with plants that attract wildlife.
Emmaus, Pa.: Rodale Press; ©1987
ISBN: 0-87857-730-0; 0-87857-731-9 (paperback)

Logsden, Gene
Gene Logsden's Wildlife in Your Garden, or, Dealing With Deer, Rabbits, Raccoons, Moles, Crows, Sparrows and Other of Nature's Creatures in Ways That Keep Them Around, But Away From Your Fruits and Vegetables.
Emmaus, Pa.: Rodale Press; ©1983
ISBN: 0-87857-454-9

Proctor, Noble S.
Garden Birds: how to attract birds to your garden.
Emmaus, Pa.: Rodale Press; 1986
ISBN: 0-87857-592-8

Tekulsky, Mathew
The Butterfly Garden: turning your garden, window box or backyard into a beautiful home for butterflies.
Boston: Harvard Common Press; ©1985
ISBN: 0-91678-270-0; 0-91678-269-7 (paperback)

Periodicals:

Articles on this topic are published occasionally in gardening magazines.

Films:

The following are examples of films (see App. C) related to the topic:

Hummingbirds
(24 minutes, sound, colour)

Watching Birds with Roger Tory Peterson
(28 minutes, sound, colour)

Wonders in Your Own Backyard (second edition)
(11 minutes, sound, colour)

Contacts:

The following are possible sources of speakers (see App. E) on the topic:

The Federation of Ontario Naturalists

The Royal Botanical Gardens
Outreach Services

Library Staff

Local Nurseries or Garden Centres

The following are possible sources of print material (see App. E) on the topic:

The Federation of Ontario Naturalists

The Royal Botanical Gardens
Outreach Services

Preparation Checklists

See pages 9-10.

Program-specific Hints

1. Consider presenting this program in the spring or early summer.
2. Consider co-sponsoring this program with an interested group in the community (e.g., horticultural society or wildlife or naturalist association).
3. Decide in the early stages of planning whether to include a representative of a local nursery or gardening centre. If you invite a local nursery or gardening centre to participate, be sure to say that the library will acknowledge its participation both in print and orally at the program.
4. State on all promotional materials that the program will also be of interest to gardeners and nature enthusiasts of all ages.
5. Invite local nurseries and garden centres to contribute vouchers or gift certificates for door prizes.
6. Base your display of library materials on books dealing with wildlife gardening from the 598.2073, 599.051, 635, 638.5789, and 639.978 sections of your collection.
7. Supplement your display with field guides to insects, birds, reptiles, animals, and animal tracks from the 590-599 sections and to trees and plants from the 582 section of your collection.
8. Accompany the display with a sign reading "For Nature Lovers Only!"
9. Search appropriate subject headings in catalogues, indexes and bibliographies for additional material. The following are some possible headings:

   - Birds-Attracting
   - Garden Ecology
   - Gardening
   - Gardening to Attract Wildlife
   - Wildlife Attracting
   - Wildlife Control

– Wildlife Watching

Also search specific headings (e.g., Animal Tracks, Birdwatching, Insects) to locate material on particular types of wildlife identification.

Ideas for Discussion

1. Invite members of the audience to describe their successes and failures in trying to encourage or discourage wildlife activity in their yards.
2. Invite members of the audience to comment on John Burrough's observation that "nature teaches more than she preaches."

Ideas for Activities

1. Divide the audience into small groups and challenge each group to identify the tracks of local animals and birds which appear on a sheet you have prepared. Allow 5 to 10 minutes for identification. Present the correct answers. Remind the groups that wildlife watching is a year-round activity.

Ideas for Handouts

1. Material obtained from the print material contacts listed above in the "Program Support" section.
2. A list of your library's books and other materials on attracting and identifying wildlife.

Ideas for Follow-up Programs

1. Birdwatching for Beginners: "Cheep" Entertainment
2. Nature Photography: Tips for Shutterbugs

19. Star Gazing: A Science and Story Approach

Look at the stars! look, look up at the skies!
O look at all the fire-folk sitting in the air!

(Gerard Manley Hopkins, 1844-1889)

Program Outline

An informal lecture, a film, storytelling or readings, and an exhibit of equipment followed by a discussion will create interest in the simple pleasures of "reading" the night sky. The program will consider both the scientific theory and the legends and lore of the stars and constellations. Techniques for star gazing will be described.

This program will be best presented by a professional or amateur astronomer and a professional or staff storyteller. Although much of the program content will be determined by your guest speakers, you will want to be sure that the following aspects of the topic are addressed:

- introduction to the night sky
- scientific explanation of stars, types of stars and constellations
- best time for star gazing
- highlights of seasonal skies
- techniques for star gazing with the naked eye
- equipment and aids helpful for amateur and more advanced star gazing
- sky mapping
- legends and lore of the stars and constellations
- navigating by the stars

Time Needed

1-1/2 to 2 hours for total presentation

Program Support

Books:

The following are examples of books on the topic:

Berger, Melvin
Star Gazing, Comet Tracking and Sky Mapping.
New York: G.P. Putnam's Sons; 1985
ISBN: 0-39961-211-4

Berry, Richard
Discover the Stars: starwatching using the naked eye, binoculars, or a telescope.
New York: Harmony Books; ©1987
ISBN: 0-51756-529-3 (paperback)

Gallant, Roy A.
Private Lives of the Stars.
New York: Macmillan; ©1986
ISBN: 0-02737-350-9

Mensing, Stephen
Star Gazing Through Binoculars.
Blue Ridge Summit, Pa.: Tab Books; ©1986
ISBN: 0-83062-703-0 (paperback)

Moore, Patrick
Stargazing: astronomy without a telescope.
Woodbury, N.Y.: Barrons; ©1985
ISBN: 0-81205-644-2

Schaaf, Fred
The Starry Room: naked eye astronomy in the intimate universe.
New York; John Wiley & Sons; ©1988
ISBN: 0-47162-088-2

Periodicals:

The following are examples of magazines (see App. A) on the topic:

Astronomy

Journal of the Royal Astronomical Society of Canada

Mercury

Newsletter of the Royal Astronomical Society of Canada

Odyssey

Sky and Telescope

Films:

The following are examples of films (see App. C) related to the topic:

Comet
(12 minutes, sound, colour)

The Universe: our golden age of astronomy
(20 minutes, sound, colour)

The Vision of Galileo
(28 minutes, sound, colour)

Contacts:

The following are possible sources of speakers (see App. E) on the topic:

Local High Schools (Science Departments)

Local Community College (Science Departments)

Local University (Science Faculty)

The Royal Astronomical Society of Canada

Library Staff (Storytellers)

The Storytellers School of Toronto

The following are possible sources of print material (see App. E) on the topic:

The Royal Astronomical Society of Canada

Preparation Checklists

See pages 9-10.

Program-specific Hints

1. Consider presenting this program in conjunction with International Astronomy Day or Week, which usually takes place in April or May. (Since the date is based on the phase of the moon, it varies from year to year.) Contact the Royal Astronomical Society of Canada (see App. E) for the current date.
2. Arrange with a local astronomy buff, organization, store or school for an equipment exhibit. Be sure to acknowledge the participation both in print and orally at the program.
3. State on all promotional materials that the program will also be of interest to star gazers of all ages.
4. Base your display of library materials on books dealing with stars and constellations from the 522 and 523 sections of both your adult and juvenile collections. Include such observers' guides and manuals as the Royal Astronomical Society of Canada's current Observer's Handbook.
5. Supplement your display with the folklore and mythology of stars from the 398.26 sections of both your adult and juvenile collections.
6. Accompany the display with a sign reading "Give Yourself the Star Treatment."
7. Search appropriate subject headings in catalogues, indexes and bibliographies for additional material. The following are some possible headings:

   - Astronomy
   - Constellations
   - Mythology
   - Stars
   - Stars-Mythology
   - Stars (In Religion, Folklore)

8. Display star maps in the program area.

Questions for Discussion

1. To what extent has the exploration of outer space affected society's age-old fascination with the night sky?
2. Who has seen a falling star or the Milky Way? In what circumstances? What impression did the experience leave?
3. What are some superstitions related to the stars?

Ideas for Activities

1. Hold a door prize draw for your star maps.
2. Invite members of the audience to investigate the equipment exhibit.
3. Take your audience outside for a first-hand view of the stars through a telescope.

Ideas for Handouts

1. Material obtained from the print material contacts listed above in the "Program Support" section.
2. A list of your library's books and other materials on stars, star gazing, and star lore.
3. A sheet of facts and lore about stars.

Ideas for Follow-up Programs

1. Stellar Film Mini-Series
   (Film Program)

   The Backbone of Night
   (60 minutes, sound, colour)
   (see App. C)

   The Lives of the Stars
   (60 minutes, sound, colour)
   (see App. C)
2. Heavens Above! An Evening under the Stars
   (Stargazing excursion sponsored by the library)
3. Astrology and You: Do the Stars Have a Say in Your Life?

20. Just Folks: Folk Artists and Their Craft

Enough, if something from our hands have power
To live, and act, and serve the future hour.

(William Wordsworth, 1770-1850)

Program Outline

An informal film presentation will promote interest in contemporary folk art and traditional arts and crafts. The program, best suited to a series or film festival approach, will emphasize such human-interest aspects of the folk art and craft movement as the day-to-day context in which folk art developed and in which contemporary folk artists and craftspeople live.

This program will be best hosted by an enthusiastic library staff member, a representative of a local folk art or craft council, or a local folk artist or craftsperson. It may also offer an opportunity to work co-operatively with the local art gallery, recreation department, boards of education, craft council, or craft stores if they offer courses on folk art and traditional crafts. An exhibit by local artists or craftspeople of the arts and crafts featured in the films will provide an added dimension to the program.

Program content will be determined by the films that are booked. You will also want to be sure to allow time for:

- brief presentations on related courses that may be available in your community

Time Needed

2 hours for each segment of a series program;

A full day or equivalent for a festival approach

Program Support

Books:

The following are examples of books on the topic:

Barss, Peter
Older Ways: traditional Nova Scotia craftsmen.
Toronto: Van Nostrand Reinhold; ©1980
ISBN: 0-44229-628-2

Bronner, Simon J.
Chain Carvers: old men crafting meaning.
Lexington, Ky.: The University Press of Kentucky; ©1985
ISBN: 0-81311-523-X

Horwitz, Elinor Lander
Contemporary American Folk Artists.
Philadelphia: J. B. Lippincott; ©1975
ISBN: 0-39731-626-7; 0-39713-627-5 (paperback)

Horwitz, Elinor Lander
Mountain People, Mountain Crafts.
Philadelphia : J. B. Lippincott; ©1974
ISBN: 0-39731-498-1; 0-39731-499-X (paperback)

Meras, Phyllis
A Yankee Way with Wood.
Boston: Houghton Mifflin; ©1975
ISBN: 0-39520-423-2

Meyer, Carolyn
People Who Make Things: how American craftsmen live and work.
New York: Atheneum; ©1975
ISBN: 0-68950-012-2

Periodicals:

The following are examples of magazines (see App. A) that provide coverage on the topic:

Centuryhome's Country Canada

Crafts Magazine

Craftworks for the Home

Daystar's Folkart

Hands: the All-Canadian Craft Magazine

Ontario Craft

Also consult popular consumer magazines for articles on the topic.

Films:

The following are examples of films (see App. C) related to the topic:

A Century of Crafts and Skills
(15 minutes, sound, colour)

Fiddles and Whimmydiddles
(17 minutes, sound, colour)

Grandma's Bottle Village: the art of Tressa Prisbrey
(29 minutes, sound, colour)

Hoppy: a portrait of Elisabeth Hopkins
(28 minutes, sound, colour)

Living Treasures of Japan
(58 minutes, sound, colour)

The Mud Dabbler
(13 minutes, sound, colour)

Pysanka: the Ukrainian Easter egg
(14 minutes, sound, colour)

Quilts in Women's Lives: six portraits
(28 minutes, sound, colour)

Steady As She Goes
(27 minutes, sound, colour)

Contacts:

The following are possible sources of speakers and print material on the topic:

Library Staff

Local Folk Art or Craft Council

Local Art Gallery

Local Folk Artists

Local Recreation Department

Local Boards of Education

Local Craft Stores

Preparation Checklists

See pages 9-10.

Program-specific Hints

1. Consider presenting this program during Ontario Heritage Week (third week in February) or in conjunction with community heritage celebrations.
2. State on all promotional materials that the program will also be of interest to folk art and crafts enthusiasts of all ages.
3. Base your display of library materials on books dealing with folk artists and craftspeople and their art and crafts from the 745 section of your collection.
4. Supplement the display with relevant books on the folk art of different cultures represented in your community.
5. Accompany the display with a sign reading "Folk Art and Traditional Crafts: Take a Hands-On Approach."
6. Search appropriate subject headings in catalogues, indexes and bibliographies for additional material. The following are some possible headings:

   - Artisans
   - Arts, Primitive
   - Arts and Crafts Movement
   - Decorative Arts
   - Folk Art

- Folk Artists
- Handicraft
- Primitivism in Art

Also search headings for specific types of folk art and traditional crafts (e.g., Quilting, Tole Painting, Wood Carving).

Ideas for Discussion

1. Invite members of the audience to volunteer any hints, tips, or family stories about the types of folk art and traditional crafts featured in the program.

Ideas for Activity

1. Encourage the audience to view the folk art and traditional crafts on exhibit and to chat with the exhibitors.

Ideas for Handouts

1. Material obtained from the print material contacts listed above in the "Program Support" section.
2. A list of your library's books and other materials on folk artists and craftspeople.

Ideas for Follow-up Programs

1. Folk Medicine: Old Time Cures for Plain and Fancy Ailments (see Program Outline #3)
2. Folk Songs: Stories of Other Lives and Other Times

21. Family Chronicles: Preserving Your Personal and Family History

Since it is not granted to us to live long, let us transmit to posterity some memorial that we have at least lived.

(Pliny the Younger, 61-112)

Program Outline

An informal lecture and a film presentation followed by a subsequent discussion will describe the organization and ongoing development of family "archives." The program will concentrate on the importance of recent family history. Ways of finding, preserving, and creating historical records will be described.

This program will be best presented by an archivist or a genealogy enthusiast. Although much of the program content will be determined by your guest speaker, you will want to be sure that the following aspects of the topic are addressed:

- importance of family history
- concept of family archives
- range of family records (e.g., documents, letters, journals, diaries, photographs, movies, videos, baby books, wedding books, and guest books)
- tips for finding existing family records
- tips for handling, dating, preserving, organizing, and storing family records
- equipment and aids available for family archivists
- recent developments in oral history (i.e., audio and visual interviews)
- importance of personal memoirs
- tips for conducting oral history interviews and recording personal reminiscences
- tips for writing and publishing personal and family histories

Time Needed

1 to 1-1/2 hours for total presentation

Program Support

Books:

The following are examples of books on the topic:

Banks, Keith E.
How to Write Your Personal & Family History; a resource manual.
Bowie, Md.: Heritage Books; ©1988
ISBN: 1-55613-143-7 (paperback)

Bonsey, Lynn
It's All Relative: how to create your own personal family history trivia game.
Bowie, Md.: Heritage Books; ©1988
ISBN: 1-55613-148-8 (paperback)

Davies, Thomas L.
Shoots: a guide to your family's photographic heritage.
Danbury, N.H.: Addison House; ©1977
ISBN: 0-89169-012-3

Fletcher, William
Recording Your Family History: a guide to preserving oral history with videotape, audiotape, suggested topics and questions, interview techniques.
New York: Dodd, Mead & Company; ©1983, 1986
ISBN: 0-39608-886-4; 0-39608-887-2 (paperback)

Hirsch, Julia
Family Photographs: content, meaning, and effect.
New York: Oxford University Press; ©1981
ISBN: 0-19502-889-9

Hofmann, William J.
Life Writing: a guide to family journals and personal memoirs.
New York: St. Martin's Press; ©1982
ISBN: 0-31248-507-7

Films:

The following are examples of films (see App. C) related to the topic:

Great Grandmother
(29 minutes, sound, colour)

The Ross Family Mystery
(20 minutes, sound, colour)

Contacts:

The following are possible sources of speakers and print material on the topic:

Library Staff (Special Collections/Local History)

Local Museum

Local Genealogical Society

Local Historical Society

Preparation Checklists

See pages 9-10.

Program-specific Hints

1. Consider co-sponsoring this program with an interested group in the community (e.g., genealogical society, historical society, or senior citizens' centre).
2. Consider presenting this program during Ontario Heritage Week (third week of February) or in conjunction with community heritage celebrations.
3. State on all promotional materials that the program will also be of interest to local history and genealogy buffs of all ages.
4. Base your display of library materials on books dealing with family history and family photographs from the 770.28, 778.9, 920.0028, and 929.1 sections of your collection.
5. Accompany the display with a sign reading "Focus on Family History."
6. Search appropriate subject headings in catalogues, indexes and bibliographies for additional material. The following are some possible headings:
   - Genealogy
   - Oral Biography
   - Oral History
   - Photography
   - Photography of Families

Ideas for Discussion

1. Invite members of the audience to volunteer any tips or interesting stories about their own experiences of creating family archives.

Ideas for Activities

1. Ask members of the audience to tell a person next to them a family story that is well worth preserving. Allow 10 minutes (five minutes per story).

Ideas for Handouts

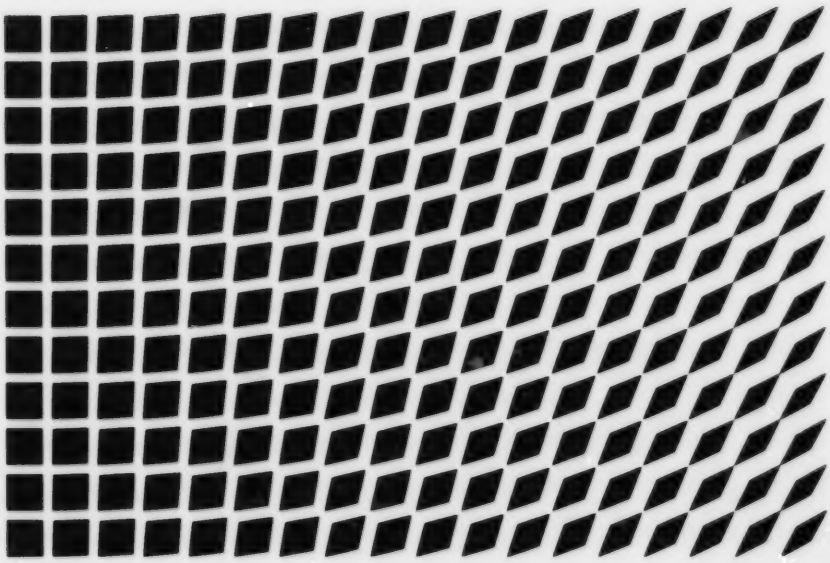
1. Material obtained from the print material contacts listed above in the "Program Support" section.
2. A list of your library's books and other materials on family history.
3. A list of questions to encourage members of the audience to begin recording episodes of their own personal histories.

Ideas for Follow-up Programs

1. "Once, Not So Very Long Ago...": Telling Your Family Stories

2. Family Ties: Researching Your Family Tree
3. In Sickness and In Health: Tracing the Medical History of Your Family
4. Easy Does It: Caring for Family Documents and Photographs
5. Family Treasures: Writing Pedigrees for Your Family's Antiques and Heirlooms
6. Heraldry on the Home Front: Creating an Unofficial Coat of Arms for Your Family

Appendices



Appendix A

Topic Related Periodicals

The periodicals referred to specifically in the individual program outlines are listed below in alphabetical order.

Animals — Bi-monthly
Circulation Department
350 South Huntington Avenue
Boston, MA 02130

Astronomy — Monthly
Kalmbach Publishing Company
1027 North 7th Street
Milwaukee, WI 53233

Bird Talk: Dedicated to Better Care for Pet Birds — Monthly
Bird Talk Magazine
Subscription Department
P.O.Box 57347
Boulder, CO 80322-7347

Black Belt — Monthly
Rainbow Publications, Inc.
Circulation Office
1813 Victory Place
P.O.Box 7728
Burbank, CA 91510-7728

Books in Canada — 9 Issues/Year
Canadian Review of Books Ltd.
Circulation Department
366 Adelaide Street East
Suite 432
Toronto, Ontario
M5A 3X9

Canadian Consumer — Monthly
Operations Department
Box 9300
Ottawa, Ontario
K1G 3T9

Canadian Literature — Quarterly
Circulation Manager
Canadian Literature
2029 West Mall
University of British Columbia
Vancouver, British Columbia
V6T 1W5

Cat Fancy — Monthly
Cat Fancy Magazine
Subscription Department
P.O.Box 52864
Boulder, CO 80322-2864

Centuryhome's Country Canada (Accessories & Gift Sourcebook) — Bi-monthly
21 Dorset Street East
Port Hope, Ontario
L1A 1E2

Changing Times — Monthly
The Kiplinger Magazine
Editors Park, MD 20782-9960

Consumer Reports — Monthly
Subscriptions Director
Consumer Reports
P.O.Box 53029
Boulder, CO 80322-3029

Consumers' Research Magazine — Monthly
Subscription Department
P.O.Box 642
Holmes, PA 19043

Crafts Magazine — Monthly
P.O.Box 3114
Harlan, IA 51537

Craftworks for the Home — 8 Issues/Year
P.O.Box 413
Mt. Morris, IL 61054-9820

Daystar's Folkart (the Home Buying Guide for Country Collectibles) — Quarterly
Daystar Publishing
650 Orpheum Building
Sioux City, IA 51101

Dog Fancy — Monthly
Dog Fancy Magazine
Subscription Department
P.O.Box 53264
Boulder, CO 80322-3264

Essays on Canadian Writing — Semi-annual
307 Coxwell Avenue
Toronto, Ontario
M4L 3B5

Freshwater and Marine Aquarium — Monthly
P.O.Box 487
Sierra Madre, CA 91024

Great Expeditions — Quarterly
Box 8000-411
Abbotsford, British Columbia
V2S 6H1

Hands: the All-Canadian Craft Magazine — Quarterly
Box 340, Station L
Toronto, Ontario
M6E 4Z2

International Travel News — Monthly
2120 28th Street
Sacramento, CA 95818

Journal of The Royal Astronomical Society of Canada — Bi-monthly
The Royal Astronomical Society of Canada
136 Dupont Street
Toronto, Ontario
M5R 1V2

Mercury — Bi-Monthly
Astronomical Society of the Pacific
390 Ashton Avenue
San Francisco, CA 94122

Modern Photography — Monthly
P.O.Box 10042
Des Moines, IA 50340-0042

Mother Earth News — Bi-Monthly
P.O.Box 3122
Harlan, IA 51593-2188

Newsletter of The Royal Astronomical Society of Canada — Bi-monthly
The Royal Astronomical Society of Canada
136 Dupont Street
Toronto, Ontario
M5R 1V2

Odyssey — Monthly
Astro-Media Corporation
625 E. Street Paul Avenue
P.O.Box 92788
Milwaukee, WI 53202

Ontario Craft — Quarterly
The Craft Resource Centre
Ontario Crafts Council
35 McCaul Street
Toronto, Ontario
M5T 1V7

Pets Magazine — Bi-monthly
1300 Don Mills Road
North York, Ontario,
M3B 3M8

Prevention — Monthly
Subscription Service
33 East Minor Street
Emmaus, PA 18098

Protect Yourself — Monthly
Subscription Department
404 Decarie Boulevard, Suite 200
Saint Laurent, Quebec
H4L 5G1

Quill & Quire — Monthly
56 The Esplanade, Suite 213
Toronto, Ontario
M5E 9Z9

Real Travel — Quarterly
Suite 410, 301-14 Street N. W.
Calgary, Alberta
T2N 2A1

Sky & Telescope — Monthly
P.O.Box 9111
Belmont, MA 02178-9111

Studies in Canadian Literature — Bi-annual
Department of English
University of New Brunswick
P.O.Box 440
Fredericton, New Brunswick
E3B 5A3

Travel a la Carte — 6 issues/Year
Subscription Office
95 Berkeley Street
Toronto, Ontario
M5A 2W8

Travel-Holiday — Monthly
P.O.Box 2036
Marion, OH 43305

Travel Scoop: the Consumer Newsletter for Canadian Travellers — 10 Issues/Year
411 Annette Street
Toronto, Ontario
M6P 9Z9

Travel Smart — Monthly
Communications House
40 Beechdale Road
Dobbs Ferry, NY 10522

Appendix B

Periodicals for Seniors

The following periodicals are those referred to in the individual program outlines as "seniors' magazines." They are listed alphabetically.

Aging — Bi-monthly
Superintendent of Documents
United States Government Printing Office
Washington, DC 20402

C.A.R.P. News — Quarterly
Canadian Association of Retired Persons
27 Queen Street East, Suite 304
Toronto, Ontario
M5C 2M6

Especially for Seniors — Quarterly
Ontario Advisory Council on
Senior Citizens
Suite 203, 700 Bay Street
Toronto, Ontario
M5G 1Z6

Foresight: Canada's Magazine for Retirement Planning — Bi-monthly
Foresight Magazine
206 Urban Centre 9821-108 Street
Fort Saskatchewan, Alberta
T8L 2J2

Generations — Quarterly
American Society on Aging
833 Market Street, Suite 512
San Francisco, CA 94103

Gerontologist — Bi-monthly
Gerontology Society of America
Dept. 5018
Washington, DC 20061-5018

Good Times (incorporating Discovery) — 10 Issues/Year
Subscription Department
85 Scarsdale Road, #100
Don Mills, Ontario
M3B 2R2

International Journal of Aging & Human Development — 8 Issues/Year
26 Austin Avenue
P.O.Box 337
Amityville, NY 11701

Just Grand — Quarterly
Just Grand Publications Inc.
#110-15387-104th Avenue
Surrey, British Columbia
V3R 1N5

Modern Maturity — Bi-monthly
American Association of Retired Persons
215 Long Beach Boulevard
Long Beach, CA 90801

New Choices for the Best Years — Monthly
(formerly 50 Plus)
P.O.Box 1945
Marion, OH 43305-1945

Perspective on Aging — Bi-monthly
National Council on Aging, Inc.
600 Maryland Avenue SW
West Wing 100
Washington, DC 20024

Today's Seniors: a Metroland Community Paper for People — Monthly
Aged 50 and Better
Head Office
10 Tempo Avenue
North York, Ontario
M2H 2N8

The Voice: Official Publication of United Senior Citizens of Ontario Incorporated — 10 Issues/Year
3033 Lakeshore Boulevard West
Toronto, Ontario
M8V 1K5

Appendix C

Annotated List of Recommended Films

The films referred in the individual program outlines are annotated and listed below in alphabetical order. They are available through:

- Ontario public libraries
- the appropriate Canadian film distribution companies (see App. D)

(There are usually rental fees and shipping charges for films booked through film distribution companies.)

The Backbone of Night. KCET and Carl Sagan Productions, Inc., 1980. Released in Canada by Visual Education Centre. 60 min sd col.

Dr. Sagan visits the island of Samos to explore the scientific discoveries of the ancient Ionian physicists and to answer the question "what are the stars?"

The Battle of Beech Hall. Cinemagic Productions, 1981. Released in Canada by Kinetic Films. 27 min sd col.

Toronto senior citizens actively oppose a decision by York Borough councillors to evict them from their subsidized apartments.

Beyond Shelter. 1976. Made by Ronald Blumer. Released in Canada by McGill University Film Library. 24 min sd col.

Looks at the facilities available in North America for the housing of the elderly. Uses Denmark as the model for finding alternatives to the institutional setting.

Bike Style. David Harris. 1980. Released in Canada by Magic Lantern Films. 20 min sd col.

Two couples discover the joys of a summer holiday travelling by bicycle through Yugoslavia. The challenges and opportunities of this form of transportation as opposed to travelling by car are highlighted.

Bon Voyage, But... National Film Board of Canada. 1981. Made by Hyde Park Film Productions. 27 min sd col.

Several vignettes illustrate problems which may be encountered while travelling abroad. External Affairs representatives explain what assistance the traveller can expect.

Caravaners. National Film Board of Canada. 1978. 28 min sd col.

Follows an organized Airstream caravan tour, composed mostly of retired couples, on a trip from Montana to British Columbia.

Castle. Condensed version. Lucern Films. 1985. Released in Canada by Marlin Motion Pictures. 34 min sd col.

Combines animation with live action sequences to tell the story of a fictional 13th century Welsh castle.

Castle. Lucern Films. 1985. Released in Canada by Marlin Motion Pictures. 58 min sd col.

An animated tale about a fictional 13th century fortress and town built by King Edward I to subdue the rebellious Welsh. Includes live-action sequences in which author David Macaulay explains the history, architecture, town life and military strategy of the time.

A Century of Crafts and Skills. Peter Scott Hamilton. 1972. Released in Canada by Marlin Motion Pictures. 15 min sd col.

Filmed at Upper Canada Village, shows the various crafts and skills practiced by our ancestors, including weaving, broom-making, wood-working, spinning, etc.

The Church and the Hearth. National Film Board of Canada. 1987. 27 min sd col.

Highlights how innovative individuals and church groups have broken through government red tape to build new housing for some of Nova Scotia's rural poor.

Close Harmony. Noble Enterprise Production, 1981. Released in Canada by Marlin Motion Pictures. 29 min sd col.

The dream of music teacher, Arlene Symons, to combine her school chorus of nine and ten year olds with a senior citizens' chorus is documented. Captures the love and sharing between young and old of this "inter-generational" chorus from the first rehearsals to the final stage performance.

Comet. National Film Board of Canada. 1985. 12 min sd col.

Describes the general phenomenon of comets and the radical transformations they undergo as they approach the sun. Halley's Comet is discussed in detail. Animated.

Crime - Senior Alert. Charles Cahill and Associates. 1978. Released in Canada by International Tele-Film. 18 min sd col.

Senior citizens are offered sensible information that will help protect them against potential criminals and precautions to take against becoming victims.

Darts in the Dark: An Introduction to W. O. Mitchell. National Film Board of Canada. 1980. 16 min sd col.

Author, humorist and storyteller W. O. Mitchell talks about his career and gives his personal views on writing.

Doctors and Patients. Time-Life Films. 1980. Made by David A. Tapper. Released in Canada by Marlin Motion Pictures. 30 min sd col.

The on-going relationship between a patient and doctor is examined. Experts discuss the criteria for choosing a doctor

and the unique relationship that develops between patient and doctor. Patient-nurse relationships and patient's rights are discussed.

An Easy Pill to Swallow. National Film Board of Canada. 1978. Made by Tom Daly. 29 min sd col.

Explores the use and abuse of tranquillizers in today's society. Shows how the drug companies market them as a cure-all, how they are often over-prescribed, and documents the agony of tranquillizer withdrawal.

Fiddles And Whimmydiddles. Film Works. 1977. Made by Paul Stephens. Released in Canada by Magic Lantern Films. 17 min sd col.

A dramatization of life in pioneer times. Children play with handmade toys, while adults dance to old-time music.

The Food Show. Consumer's Union of the United States, Inc. 1980. Released in Canada by Visual Education Centre. 47 min sd col.

Combining documentary techniques, dramatic sketches, and animation, this film takes a lighthearted look at the serious subject of food shopping and getting better nutrition for your food dollar. Provides information on reading and understanding labels, selecting food for nutritional value, advertising and packaging, and the pros and cons of fast food.

Garlic Is As Good As Ten Mothers. Flower Films. 1980 Made by Les Blank. Released in Canada by Canadian Filmmakers' Distribution Centre. 50 min sd col.

Interviews people from many cultures who glorify garlic as the greatest culinary aid and cure-all known to man. Explores the growing and harvesting of garlic and the preparation, cooking, and eating of various garlic dishes.

Grandma's Bottle Village: The Art of Tressa Prisbrey. Allie Light and Irving Saraf. [1982]. Released in Canada by Mobius Productions Ltd. 29 min sd col.

84-year-old Tressa Prisbrey takes us on a guided tour of the 15 houses she has made out of bottles scavenged from the dump. Her other collections and assemblage art make her a true folk artist of the 20th century.

Great Grandmother. National Film Board of Canada. 1975. 29 min sd col.

Presents four women, still living at film production time, who represent the social position of women in the early west. Their stories combine stills, archival footage, diaries, and personal papers.

Health in the Later Years. Churchill Films Inc. 1983. Released in Canada by McIntyre Media Ltd. 24 min sd col.

Uses comic vignettes to motivate older people to change to healthy living patterns. Deals with diet, exercise, stress and the use of alcohol and prescription drugs.

Hoppy: A Portrait of Elisabeth Hopkins. National Film Board of Canada. 1984. 28 min sd col.

A look at 88-year old Canadian artist, Elisabeth Hopkins. Scenes of her painting mix with her life on Galiano Island.

A House Divided: Caregiver Stress and Abuse of the Elderly. National Film Board of Canada. 1988. 35 min sd col.

Looks at the problem of stress on caregivers of the elderly.

Hummingbirds. Keg Productions. 1984. Released in Canada by Marlin Motion Pictures. 24 min sd col.

A study of the world's hummingbirds.

I'm Interested. A La Mode Productions Inc. 1985. Released in Canada by Marlin Motion Pictures. 10 min sd col.

An audience-participation film showing a typical Neighbourhood Watch meeting. Dramatizations of crimes show homeowners the threat that they face.

Lilith Summer. Aims Media, 1985. Made by Bernard Wilets. Released in Canada by Canadian Learning Company. 28 min sd col.

The story of an unlikely friendship between an adolescent girl and an old woman, each of whom thinks she is minding the other for the summer.

The Lives of the Stars. KCET and Carl Sagan Productions Inc. 1980. Released in Canada by Visual Education Centre. 60 min sd col.

Dr. Sagan explains the building blocks of matter - molecules, atoms, and subatomic particles - leading to an explanation of the anatomy of stars and the forces that act on stellar interiors. An "Alice in Wonderland" sequence is used to explain humorously gravitational effects from the earth's gravity to black holes.

Living Treasures of Japan. National Geographic. 1980. 58 min sd col.

Introduces nine of Japan's "living treasures," part of a group of some 70 gifted artists recognized by law as "Holders of Important Intangible Cultural Properties," who are charged with the obligation of publicly exhibiting their works and teaching their artistry to apprentices.

The Medicine Show. Consumer Reports Production. 1980. Released in Canada by Visual Education Centre. 31 min sd col.

An entertaining and informative look at over-the-counter drugs and misleading advertising. Includes hard facts about cold remedies and the real story about aspirin. Also questions the possibility that deodorant soaps may be harmful and advises on what to look for in acne medication.

Meditation: Yoga, T'Ai Chi and Other Spiritual Trips. Document Associates. Released in Canada by International Tele-Film. 24 min sd col.

Through interviews with several exponents of Asian meditation techniques, teaches the many benefits derived from Hatha yoga, Zen, and T'ai Chi.

Meditation in Motion. National Film Board of Canada, 1978. 11 min sd col.

A lyrical introduction to the ancient oriental discipline T'ai Chi. Moves from the streets of China, where millions turn out to observe this tradition, to a clearing in a North American city park.

Mr. Menuhin's Welcome to Blair Castle. British Broadcasting Corporation. 1973. 50 min sd col.

Three men, each a giant in his particular world of fiddle music, met when Yehudi Menuhin came to Scotland. Introduces Sandy Milne, one of the finest of Scotland's fiddle bands, and Hector McAndrew, a folk fiddler from Aludeen.

The Mud Dabbler. 1978. Made by Cathy Barbalinardo. Released in Canada by Canadian Filmmakers' Distribution Centre. 13 min sd col.

Introduces Marion Kashin, a potter. While working in her studio, she talks about her ability to combine basic technique with a sense of humour to create her characters.

A New Age for the Old. Altana Films Inc. 1979. Released in Canada by Kinetic Films. 27 min sd col.

According to septuagenarian Maggie Kuhn, a leader in the growing age movement, our society throws old people away. This film challenges long standing assumptions and myths about the old and portrays varied options for living our extended lifespan.

The Old Person's Friend. National Film Board of Canada. 1985. 13 minutes sd col.

An old woman confined to a hospital bed rejects treatment, communicating to her nurse that she wants to be left to die. Her doctor must decide whether he should respect her wishes.

Our Kinda Talk: An Introduction to Margaret Laurence. National Film Board of Canada. 1978. 24 min sd col.

Canadian author Margaret Laurence describes her growth as a writer and the controversy surrounding her novel, *The Diviners*.

Over the Counter Drugs: Smooth Talk and Small Print. Vision Films. 1980. Released in Canada by Magic Lantern Films. 22 min sd col.

A pharmacist analyses the advertising claims and TV promises that urge people to buy pain relievers, cold tablets, sleep aids, and laxatives.

Physical Fitness in the Later Years. Churchill Films. 1983. Released in Canada by McIntyre Media Ltd. 23 min sd col.

A general overview of the health concerns of people 60 and over - stressing that the loss of health and vigor can be reversed.

Pysanka: The Ukrainian Easter Egg. Filmart Productions, 1975. Made by Slavko Nowytski. Released in Canada by Magic Lantern Films. 14 min sd col.

Looks at the history and story of the craft of painting Easter eggs. Interprets various designs.

Quilts in Women's Lives: Six Portraits. Ferrero Films. 1980. Released in Canada by Mobius Productions Ltd. 28 min sd col.

A series of portraits of women who continue the tradition of quilt making.

Roots of Happiness. Sundial Films. 1977. Released in Canada by Marlin Motion Pictures. 20 min sd col.

Plant LAW (light, air, water) is the basis for good plant care. Great Beginnings shows how to raise and maintain a healthy, happy plant; Plant Parenthood explains its need for light; Fresh Air Factory discusses air circulation; and Water Rights shows the effects of watering too much, just enough, and too little.

The Ross Family Mystery. National Film Board of Canada. 1980. 20 min sd col.

Two teenagers set out to solve a family mystery by means of genealogy. Their detective work takes them to museums, libraries, a rectory, and an abandoned house.

Ruth Stout's Garden. Arthur Mokin Productions Inc. 1976. Released in Canada by International Tele-Film. 22 min sd col.

Introduces Ruth Stout, a 92-year-old woman who developed a unique method of gardening. As she tours her garden, she verbally traces her past life and reveals her feelings on growing old.

The Search for Intimacy: Love, Sex and Relationships in the Senior Years. SC Communications Ltd. 1986. Released in Canada by International Tele-Film. 26 min sd col.

Interviews married, single, widowed, divorced, and homosexual seniors who talk frankly about relationships and sexuality in the mature years.

Senior Power–And How to Use It. William Brose Productions, Inc. 1975. Released in Canada by International Tele-Film. 19 min sd col.

Depicts purse-snatching, armed robbery, burglary, and the obscene phone call to instruct the senior citizen in self-protection procedures.

Sexuality. Time-Life Films. 1980. Made by David A. Tapper. Released in Canada by Marlin Motion Pictures. 28 min sd col.

The difficult issue of sexuality and the need for loving at critical times as well as during times of little stress is examined. Doctors and other experts discuss ways of showing and receiving physical expressions of love while coping with illness.

Steady As She Goes. National Film Board of Canada. 1981. 27 min sd col.

Shows George Fulfit at work as he builds ships in bottles, giving away some of the secrets of his fascinating craft.

T'ai Chi Ch'uan. Tom Davenport. [n.d.] Released in Canada by Omega Films. 10 min sd b+w.

A Zen master performs on a beach the exercises developed in China between 960 and 1279 which reflect the cyclical change of the universe and aim at harmony of mind and body.

Ten Million Books: An Introduction to Farley Mowat. National Film Board of Canada. 1981. 25 min sd col.

Farley Mowat recalls some of the experiences in his life that have found their way into his books. Includes readings from some of his stories.

The Universe: Our Golden Age of Astronomy. Yorkshire Television Enterprises. 1986. Released in Canada by Marlin Motion Pictures. 20 min sd col.

Explores the history and future of man's quest for knowledge about outer space.

The Vacant Lot. National Film Board of Canada. 1977. 17 min sd col.

Tells the story of how a group of senior citizens managed to transform a useless vacant lot in Montreal into a garden of delight, vegetables, flowers, and parties. Group members express their feelings on how it has changed their attitude about inactivity and retirement.

The Vision of Galileo. Canadian Broadcasting Corporation. 1980. Released in Canada by the National Film Board of Canada. 28 min sd col.

Visits the cities where Galileo lived and worked and re-enacts his experiments, giving explanations in a script that is based largely on Galileo's own writings.

Watching Birds with Roger Tory Peterson. Boston Broadcasting Inc. and Houghton Mifflin Inc. 1981. Released in Canada by Visual Education Centre. 28 min sd col.

Author, painter, photographer, and writer Roger Tory Peterson offers advice to beginning bird watchers on what equipment is needed, where to look for birds, and how to identify and attract them.

White Water, Grey Hair: Not for Teenagers Only. Manlay Films Inc. 1981. Released in Canada by International Tele-Film. 19 min sd col.

A group of adventuresome seniors are filmed on a 300-mile rafting expedition down the Colorado River through the Grand Canyon.

A Whole New Medicine. British Broadcasting Corporation. 1981. 51 min sd col.

Proponents of holistic medicine demonstrate some of the ancient healing arts such as shiatsu, colour therapy, and acupuncture.

Windowsill Gardening. Acorn Films. 1974. Released in Canada by Magic Lantern Films. 12 min sd col.

An amazing number of flowers and plants can be grown in this kind of confined garden space. Highlights the easiest and smartest ways to get good results.

Wonders in Your Own Backyard (second edition). Churchill Films. 1977. Released in Canada by McIntyre Media Ltd. 11 min sd col.

A group of children discover various small creatures. Through observation, the children learn about the movement of snails, the functions of a spider's web, and the behaviour of earthworms, caterpillars, grasshoppers, inchworms, and sowbugs.

Young at Heart. Urban Communications Group Inc. and Sue Marx Films Inc. 1987. Released in Canada by Canadian Learning Company. 29 min sd col.

The true story of Louis and Reva, two artistic and independent people who met and fell in love when they were both over 80.

Appendix D

Canadian Film Distributors for Recommended Films

This appendix contains the addresses and telephone numbers of the Canadian film distribution companies referred to in Appendix C.

British Broadcasting Corporation (416) 469-1505
Education and Training Sales
65 Heward Avenue, Suite 111
Toronto, Ontario
M4M 2T5

Canadian Filmmaker's Distribution Centre (416) 593-1808
67A Portland Street
Toronto, Ontario
M5V 2M9

Canadian Learning Company (416) 265-3333
2220 Kingston Road, Suite 203
Scarborough, Ontario
M1N 1T8

International Tele-Film (416) 241-4483
47 Densley Avenue
Toronto, Ontario
M6M 5A8

Kinetic Films (416) 963-5979
408 Dundas Street East
Toronto, Ontario
M5A 2A5

Magic Lantern Films (416) 844-7216
136 Cross Avenue
Oakville, Ontario
L6J 2W6

Marlin Motion Pictures (416) 890-1500
211 Watline Avenue
Mississauga, Ontario
L4Z 1P3

McGill University Film Library
(Request this distributor's films through your public library)

McIntyre Media Ltd. (416) 245-7800
30 Kelfield Street
Rexdale, Ontario
M9W 5A2

Mobius Productions Ltd. (416) 964-8484
290 Palmerston Avenue
Toronto, Ontario
M6J 2J4

National Film Board of Canada (416) 973-9093
MacKenzie Building
1 Lombard Street
Toronto, Ontario
M5C 1J6

National Geographic (416) 890-1111
211 Watline Avenue, Suite 210
Mississauga, Ontario
L4Z 1P3

Omega Films (416) 291-4733
70 Milner Avenue, Unit 5A
Scarborough, Ontario
M1S 3P8

Visual Education Centre (416) 252-5907
75 Horner Avenue, Unit 1
Etobicoke, Ontario
M8Z 4X5

Appendix E

Speaker and Print Material Contacts

The speaker and print material contacts referred to in the individual program outlines are listed below in alphabetical order.

Baycrest Centre for Geriatric Care (416) 789-5131
3560 Bathurst Street
North York, Ontario
M6A 2E1

The Baycrest Centre for Geriatric Care provides comprehensive care for the elderly. The centre consists of a hospital, a home for the aged, and a supervised apartment complex. The centre also provides numerous community outreach programs, including a speakers' bureau service.

Speakers are available for travel throughout Ontario. Bookings can be made through the office of the director of education. (An honorarium or speaker's fee and travel costs may be charged.)

The Board of Examiners in Sexual Therapy and Counselling in Ontario (416) 485-4073
c/o Judith Golden
Toronto Therapy Associates
544 Eglinton Avenue East
Toronto, Ontario
M4P 1N9

The Board of Examiners in Sexual Therapy and Counselling in Ontario (BESTCO) is a voluntary board which registers therapists in Ontario qualified in sex therapy. All BESTCO members are clinical members of the Ontario Association for Marriage and Family Therapy. BESTCO will attempt to recommend speakers for public programs.

Speakers may be available. (An honorarium or speaker's fee and travel costs may be charged.)

The Canadian Bar Association (416) 869-1047
120 Adelaide Street West
Suite 1000
Toronto, Ontario
M5H 1T1

The Canadian Bar Association promotes high standards of legal practice in Canada. As a service to the community, a speakers' bureau service is offered.

Speakers are available throughout Ontario. The speaker's bureau service will attempt to find local speakers for public programs. (No fee is charged; however, four to six weeks notice is required.)

The Canadian Book Information Centre (416) 362-6555
260 King Street
Toronto, Ontario
M5A 1K3

The Canadian Book Information Centre (CBIC) promotes public awareness of Canadian publishing, literature, and writers.

Print material (e.g., author information and book lists) is available upon request at a nominal charge. Book displays are also available at a nominal charge. Lists and displays may be custom ordered.

The Canadian Housing Information Centre (613) 748-2367
Canada Mortgage and Housing Corporation
National Office
682 Montreal Road
Ottawa, Ontario
K1A 0P7

The Canada Mortgage and Housing Corporation (CMHC) promotes the construction of new houses, the repair and modernization of existing housing, and the importance, generally, of housing and living conditions. With regard to Canada's aging population, CMHC undertakes studies on the planning and construction of housing and on the planning of community services for senior citizens. The Canadian Housing Information Centre is the CMHC library and the distribution centre for CMHC's research reports.

Print material is provided upon request (subject to availability). Ask specifically for CMHC's free booklet, *Housing Choices for Older Canadians.*

Communications Branch
The Ontario Ministry of the Solicitor General (416) 965-6170
25 Grosvenor Street, 11th Floor
Toronto, Ontario
M7A 1Y6

The Ontario Ministry of the Solicitor General is responsible for overseeing law enforcement and public safety across Ontario. The Communications Branch provides print material on public safety.

Print material on crimeproofing is provided upon request (subject to availability). Ask specifically for the pamphlet, *Ontario Seniors-Crimeproofing-It's a Way of Life.*

Complete Geriatric Care (416) 481-8384 (Toronto area)
33 Falcon Street (416) 549-3101 (Hamilton area)
Toronto, Ontario (416) 436-5160 (Oshawa area)
M4S 2P4

Complete Geriatric Care is a multi-disciplinarian group of nurses, social workers, psychologists, and physiotherapists who have had extensive experience in the field of aging. Complete Geriatric Care is set up specifically to provide case management and placement co-ordination services for the elderly. Frequently, it is called upon to meet with families and caregivers to discuss the resources that are available to the elderly in the community.

Speakers are available for public programs in the Hamilton-Toronto-Oshawa area only. (A honorarium or speaker's fee and travel costs may be charged.)

Print Material is provided, province-wide, upon request (subject to availability).

The Consumer Association of Canada (Ontario) (416) 481-6864
Suite 403, 234 Eglinton Avenue East
Toronto, Ontario
M4P 1K5

The National Aging Boom Committee of the Consumer Association of Canada is particularly interested in and concerned with the difficulties encountered by senior consumers. The Ontario office of the association provides a speakers' service.

Speakers are available for travel throughout Ontario. (An honorarium or speaker's fee and travel costs may be charged.)

Consumer Services Branch (416) 963-0321
The Ontario Ministry of Consumer and Commercial Relations
555 Yonge Street, 2nd Floor
Toronto, Ontario
M7A 2H6

The Consumer Services Branch of the Ministry provides a speaker referral service.

Speakers are available throughout Ontario. Requests made to the Toronto office will be authorized and referred to regional offices. (No fee is charged.)

Dundurn Press (416) 698-0454
1558 Queen Street East
Toronto, Ontario
M4L 1E8

Dundurn Press publishes the "Profiles in Canadian Literature" series.

Print material (individual author biographies) is available at a nominal charge.

Dying with Dignity (416) 921-2329
175 St. Clair Avenue West
Toronto, Ontario
M4V 1P7

Dying with Dignity informs and educates Canadians about the right to a good death and promotes a better understanding among the general public and health care professionals regarding the issues of death and dying. A key service is the distribution of the living will to the organization's membership. As well, a speakers' bureau service is offered.

Speakers are available throughout Ontario. The speakers' bureau will attempt to find local speakers for public programs. (An honorarium or speaker's fee and travel costs may be charged.)

Print material is provided upon request (subject to availability). There may be a nominal charge for some items.

Education Resources Centre (416) 965-2311
Ontario Office for Senior
Citizens' Affairs
(Formerly the Public Education and Program Promotion Unit of the Community Services Division of the Ontario Ministry of Community and Social Services)
76 College Street, 6th Floor
Queen's Park
Toronto, Ontario
M7A 1N3

The Education Resources Centre of Ontario's Office for Senior Citizens' Affairs encourages and supports community-living programs enabling elderly citizens to live independently. The Centre produces a variety of publications.

Print material is provided upon request (subject to availability). Ask specifically for the booklet *How to Choose the Right Place.*

The Federation of Ontario Naturalists (416) 444-8419
355 Lesmill Road
Don Mills, Ontario
M3B 2W8

The Federation of Ontario Naturalists promotes community interest in nature through a variety of programs. A speakers' service is available.

Speakers for nature programs and nature travel programs are available through the Seniors for Nature and the Canadian Nature Tour Programs. The federation will attempt to find local speakers and equip them with slides for public programs. (An honorarium is charged to cover transportation costs.)

Print material on nature topics is provided upon request (subject to availability).

Floralight Gardens Canada Inc. (416) 665-4000
620 Supertest Road
North York, Ontario
M3J 2M5

Floralight Gardens Canada Inc. has designed a garden on wheels which fits easily over wheelchairs and beds. Floralight works closely with the horticultural therapy community across Canada and is frequently able to provide speakers and product demonstrations.

Speakers are available throughout Ontario. If Floralight is unable to provide a speaker, its referral service will attempt to recommend local speakers for public programs. (An honorarium or speakers fee and travel costs may be charged.)

Print material is provided upon request (subject to availability).

The Foundation for Grandparenting (518) 523-1829
c/o Dr. Arthur Kornhaber
Box 31
Lake Placid, NY 12946

The Foundation for Grandparenting is an organization dedicated to the promotion of grandparenting as a means of preserving the traditional three-generation family.

Print material is provided upon request (subject to availability).

Health Information Centre (416) 965-3101
Communications Branch
The Ontario Ministry of Health
9th Floor, Hepburn Block
80 Grosvenor Street
Toronto, Ontario
M7A 1S2

The Ontario Ministry of Health is responsible for ensuring the good health of the Ontario public. The Health Information Centre is one of the Ontario Ministry of Health's public information services.

Print material is provided upon request (subject to availability). For the Housing Options for Senior Living program, ask specifically for the following pamphlets: *Bill of Rights for the Residents of Ontario Nursing Homes*, *Home Care Program*, and *Sharing the Cost of Chronic Care*.

Hurtig Publishers (403) 426-2359
Order Department
10560 105th Street
Edmonton, Alberta
T5H 2W7

Hurtig Press is a Canadian publishing company.

Print material (the Literary Map of Canada) is available at a nominal charge.

Mitchell Hewson (519) 824-1010
Horticultural Therapist
Homewood Sanitarium
151 Delhi Street
Guelph, Ontario
N1E 6K9

Mitchell Hewson is well known for his work in horticultural therapy. He is also associated with the Canadian Horticultural Therapy Association (affiliated with the Royal Botanical Gardens).

Mitchell Hewson is available as a *speaker* for public programs. Slides, a travelling garden, adaptive tools for the disabled, and the active participation of volunteers are features of his presentations. (An honorarium or speaker's fee and travel costs may be charged.)

Print material is provided by Mitchell Hewson upon request (subject to availability).

Mount Robson Adventure Holidays (604) 566-4386
Box 146
Valemount, British Columbia
V0E 2Z0

Mount Robson Adventure Holidays advertises regularly in seniors' periodicals.

Print material is available upon request.

Nahanni River Adventures (403) 439-1316
P.O.Box 8368, Station F
Edmonton, Alberta
T6H 4W6

Nahanni River Adventures advertises regularly to "young and old alike" in seniors' periodicals.

Print material is available upon request. As well, a video tape giving a clear picture of what to expect from the various Nahanni trips is available in either VHS or Beta format. Send a blank (two hour) tape in the preferred format along with return postage to receive a copy. (Allow plenty of time for return.)

The Ontario Association for Marriage and Family Therapy (416) 841-6465
2 Orchard Heights Boulevard
Suite 15A
Aurora, Ontario
L4G 3W3

The Ontario Association for Marriage and Family Therapy (OAMFT) has been involved, for more than 20 years, with the problems, needs, and changing patterns of marital and family relationships. The association leads the way in ensuring that public needs are met by practitioners of the highest quality. As a service to the community, the association provides a speaker referral service.

Speakers are available throughout Ontario. The speaker referral service will attempt to find local speakers for public programs. (An honorarium or speaker's fee and travel costs may be charged.)

The Ontario Association of Professional Social Workers (416) 923-4848
410 Jarvis Street
Toronto, Ontario
M4Y 2G6

The Ontario Association of Professional Social Workers (OAPSW) promotes high standards of social work practice in Ontario. As a service to the community, the association has set up a Speakers Bureau on Aging.

Speakers are available throughout Ontario. The association will attempt to find local speakers for public programs. (An honorarium or speaker's fee and travel costs may be charged.)

Print material may be available from the association or from partners with whom the Association is involved in publication production. The association provides appropriate referrals.

The Ontario Medical Association (416) 963-9383 (Toronto area)
1-800-268-7215 (elsewhere in Ontario)
250 Bloor Street East
Suite 600
Toronto, Ontario
M4W 3P8

The Ontario Medical Association promotes high standards of medical practice in Ontario. As a service to the community, the public affairs office of the association provides a speaker referral service.

Speakers are available throughout Ontario. The speakers referral service will attempt to find local speakers for public programs. (An honorarium or speaker's fee and travel costs may be charged.)

The Ontario Pharmacists' Association (416) 922-7740
99 Avenue Road
Suite 707
Toronto, Ontario
M5R 2G5

The Ontario Pharmacists' Association promotes high standards of pharmaceutical practice in Ontario. As a service to the community the association provides a speaker referral service.

Speakers are available throughout Ontario. The speaker referral service will attempt to find local speakers for public programs. (No fee is charged.)

The Ontario Psychological Association (416) 961-5552
730 Yonge Street, Suite 221
Toronto, Ontario
M4Y 2B7

The Ontario Psychological Association promotes high standards of psychological practice in Ontario. As a service to the community, the Head office provides a speaker referral service.

Speakers are available throughout Ontario. The speaker referral service will attempt to find local speakers for public programs. (An honorarium or speaker's fee and travel costs may be charged.)

The Royal Astronomical Society of Canada (416) 924-7973
136 Dupont Street
Toronto, Ontario
M5R 1V2

The Royal Astronomical Society of Canada (R.A.S.C.) consists of both amateur and professional astronomers. As a public service, the society provides a speaker referral service.

Speakers are available throughout Ontario. The National Headquarters of the society will attempt to find local speakers for public programs. (An honorarium or speaker's fee and travel costs may be charged.)

Print Material (e.g., membership brochure) is available upon request.

The Royal Botanical Gardens Outreach Services (416) 527-1158 (Hamilton area)
1-800-668-9449 (elsewhere in Ontario)
Box 399
Hamilton, Ontario
L8N 3H8

The Education Services Division of the Royal Botanical Gardens (RBG) provides a variety of gardening programs. As a public service, the RBG will provide speakers (subject to availability).

Speakers are available for travel throughout Ontario. (Although an honorarium of approximately $50 is charged,

transportation and accommodation costs are covered by the RBG. Where there are travel costs, the RBG appreciates efforts to arrange multiple bookings for the speaker.)

Print material is provided upon request (subject to availability).

The Sex Information and Education Council of Canada (416) 466-5304
150 Laird Drive
Toronto, Ontario
M4G 3V7

The Sex Information and Education Council of Canada (SIECCAN) is a non-profit, volunteer administered, federally incorporated organization dedicated to informing and educating the public and professionals about all aspects of human sexuality in order to support the positive integration of sexuality into people's lives. The council publishes the *SIECCAN Journal* and *SIECCAN Newsletter* and organizes and presents workshops in collaboration with community groups and professional associations. As a public service, the council provides a speaker referral service.

Speakers are available throughout Ontario. The speaker referral service will attempt to find local speakers for public programs (An honorarium or speaker's fee and travel costs may be charged.)

The Storytellers School of Toronto (416) 924-8625
412-A College Street
Toronto, Ontario
M5T 1T3

The Storytellers School of Toronto gives courses in storytelling, presents storytelling concerts, and generally promotes the ancient art of storytelling.

Storytellers versed in a broad range of legend and lore are available for programs. (Fees are negotiable. Travel and accommodation costs are also involved. Where such costs are a consideration, hosts may wish to investigate the possibility of multiple bookings for the storyteller.)

Support Services Division (416) 963-0339
Communication Services
The Ontario Ministry of Consumer and Commercial Relations
555 Yonge Street, 9th Floor
Toronto, Ontario
M7A 2H6

The Support Services Division of the Ontario Ministry of Consumer and Commercial Relations' Communication Services provides print material on a broad range of consumer topics.

Print material is provided upon request (subject to availability).

The Taoist Tai Chi Society of Canada (416) 656-2110
1376 Bathurst Street
Toronto, Ontario
M5R 3J1

The Taoist Tai Chi Society of Canada is the federation uniting all associations teaching Taoist style Tai Chi Chuan. Its Toronto office provides an instructor referral service.

Instructors are available throughout Ontario. The instructor referral service will attempt to find local instructors for public programs. (An honorarium or speaker's fee and travel costs may be charged.)

Print material is supplied upon request (subject to availability).